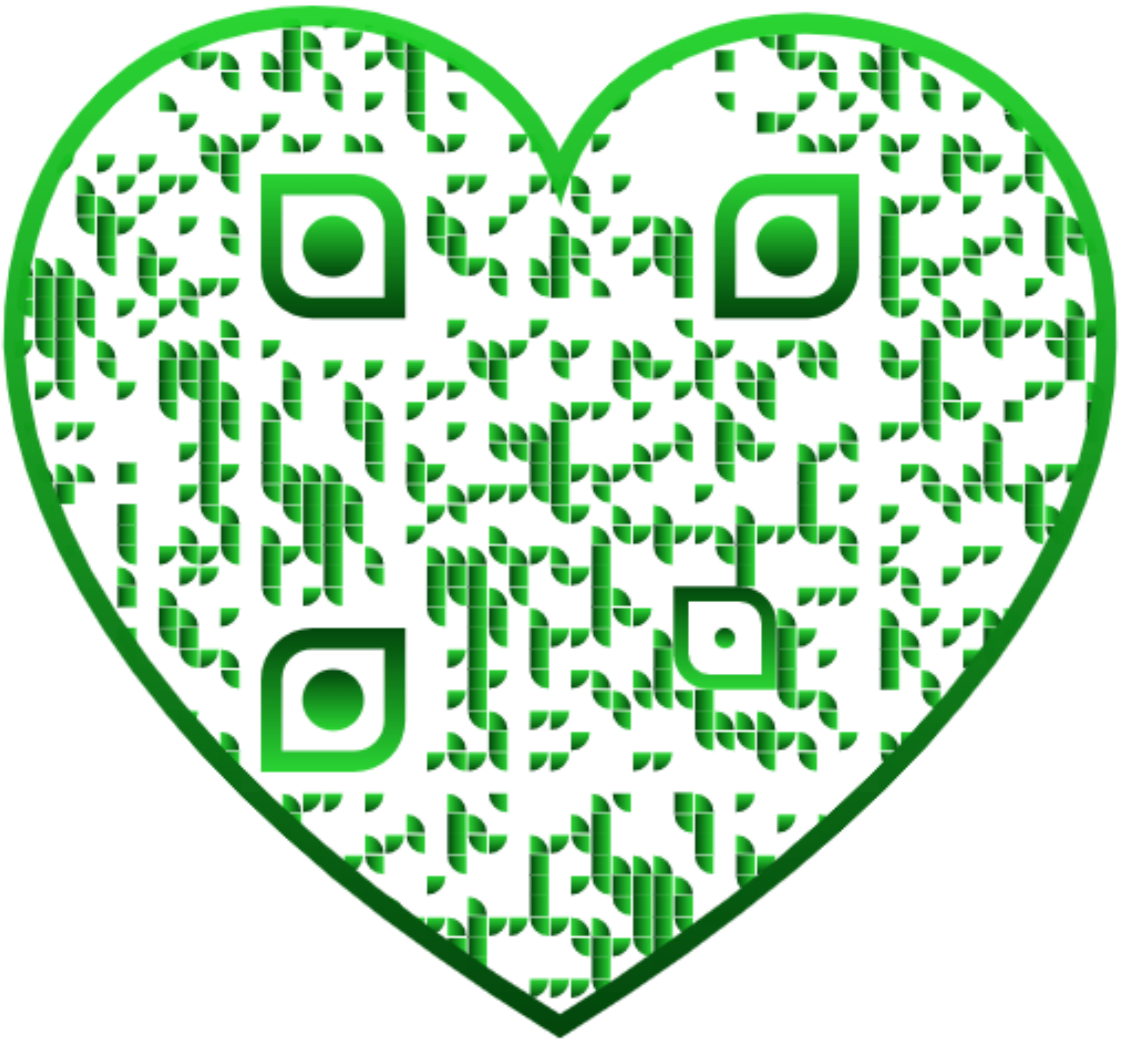
THE
SOUP
BOOK
200 Recipes
Season by Season
NEW EDITION
Previously published as *Soup*



THE SOUP BOOK

Editor-in-chief
SOPHIE GRIGSON

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SPRING

SEASON'S BEST

Lettuce
Arugula
Asparagus
Cauliflower
Wild garlic
Nettles
Spinach
Mangoes
Red snapper
Eel
Salmon
Smoked trout
Tuna
Shrimp
Lobster
Cod
Fish
Chicken
Lamb

SUMMER

SEASON'S BEST

Edamame
Fava beans

Peas
Navy beans
Swiss chard
Globe artichokes
Eggplants
Avocados
Fennel
Cucumbers
Corn
Zucchini
Almonds
Tomatoes
Watercress
Lovage
Sea Beans
Chives
Cilantro
Sorrel
Peppers
Vegetables
Melon
Cherries
Crab
Seafood
Beef
Chicken
Pork

FALL

SEASON'S BEST

Pumpkin
Carrots
Mushrooms
Kohlrabi
Broccoli
Garlic
Onions
Beets
Butternut squash
Sweet potatoes
Chickpeas
Rose hips
Pistachios
Vegetables
Pears
Mussels
Clams
Chicken
Beef
Pork

WINTER

SEASON'S BEST

Lentils

Borlotti beans
Black-eyed peas
Flageolet beans
Kidney beans
Cannellini beans
Parsnips
Chicory
Leeks
Cabbage
Kale
Brussels sprouts
Celeriac
Winter squash
Rutabaga
Turnips
Potatoes
Chestnuts
Vegetables
Jerusalem artichokes
Scallops
Smoked haddock
Chicken
Duck
Turkey
Pheasant
Game
Partridge
Beef

Pork

BREAD

Crusty white loaf
Soft white rolls
Whole wheat loaf
Whole wheat rolls
Easy flatbreads
Seven-grain bread
Rye bread
Buttermilk biscuits
Soda bread
Corn bread

ACKNOWLEDGMENTS

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HOW TO USE THIS eBOOK

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FOREWORD BY

ERIC SCHLOSSER

Some wonderful chefs have donated their favorite soup recipes to this cookbook for a simple reason. Proceeds from the book will support the work of the Soil Association, a nonprofit based in Bristol, England. Few Americans have heard of the Soil Association. But almost everyone has heard of organic food and sustainable agriculture, two of the causes that the Soil Association has been promoting for more than 60 years. Indeed, the modern organic movement was launched during the 1940s by a pair of British iconoclasts, Lady Eve Balfour and Sir Albert Howard. At a time when herbicides and pesticides and synthetic fertilizers were first being introduced on a wide scale, Balfour and Howard began to question whether these were good things. They rebelled against a mindset that viewed the land as just one more economic commodity, to be doused with chemicals for a short-term profit. They rebelled against a mentality that worshipped technology for its own sake, that eagerly sought to control and dominate nature. They embraced a much more holistic view of how we should treat livestock, the land, and the rural communities dependent upon farming.

The “Soil Association” seems like an odd name for an organization devoted to producing food that’s healthy, nutritious, and

environmentally sound. But the soil plays a central role in the thinking behind sustainable agriculture—both as a literal concern and as a metaphor for the interconnectedness of all things. What you put in the soil winds up in the crops that grow in the soil, winds up in the animals that eat those crops, winds up in the people who eat those animals. And every living thing, and every one of us, ultimately returns to the soil. You cannot mistreat one of these elements without harming the others. This is a deeply humble philosophy, founded upon a reverence for nature and a skepticism about some of mankind's latest inventions. It is a belief that we must try to work with nature, not seek to conquer nature. And it is the guiding spirit of many groups today, like the Soil Association, that are fighting against Global Warming, genetically modified food, and the toxic chemicals that are poisoning the earth.

We need to reduce the power of agribusiness and reclaim our government from the corrupt grip of special interests. But unlike many social movements, the battle for sustainable agriculture doesn't always have to be grim, hard work. As the great chef Alice Waters likes to say, this revolution tastes good. It's about shopping at farmers' markets or growing your own, eating food that's local and organic, educating yourself about the issues and learning how to cook. Every little bit helps. That's why a book like this can make a difference. Buy it, read it, use it often. I can't think of a better way to make friends and influence people.

Eric Schlosser
Author of Fast Food Nation

INTRODUCTION

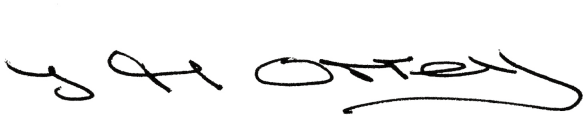
In our house, we look forward to soup on a Sunday afternoon. The whole family love it. Ask anyone about their childhood food memories and soup is likely to come up. Whether it's a humble cream of tomato, a delicate bone broth, or a peppery minestrone, there is a soup for all tastes.

At Food for Life we are striving for tasty, real food for everyone. Soup is a food that really encompasses this ethos. Responding to the seasons and using fresh ingredients available locally is a great way to make a meal with minimal impact on the environment. Meat can come from the local butcher and seasonal vegetables will often be in abundant supply and therefore cheaper. It's also a clever way of using up leftovers and ensuring the glut of leeks in the bottom drawer of the fridge don't go to waste.

Back in 2003, when Food for Life started, we wanted to see what could be achieved when a school, a kitchen, and the community worked together. We wanted kids to connect what they saw on the plate in front of them with the soil it was pulled from, or the animal it came from.

Today, Food for Life is ingrained in thousands of schools across the UK. The program has reached beyond schools, and Food for Life supports cooks and encourages them to take pride in the food they serve in nursing homes, hospitals, nursery schools, and beyond.

At Food for Life we want to make real, healthy food the easy choice for everyone, and what better way to make a healthy choice than a delicious bowl of soup?



Jeanette Orrey MBE,
Cofounder of Food for Life

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TECHNIQUES

MAKING STOCK

The cornerstone of many soups is a well-made stock, and although the ingredients for it may seem humble and the preparation simple, the contribution it makes is vital.

The four stocks most commonly called for in soup-making are brown stock, vegetable stock, fish stock, and chicken stock. Made from bones and/or common vegetables and flavorings, they are easy to prepare and freeze well for up to three months. If produced from meat bones, stock is clear and relatively fat-free, although it will be gelatinous enough to set when cold. Vegetable stock is lighter and requires a careful balance of ingredients to make it flavorful. Stocks should not be seasoned with salt—they are one of the building blocks for a soup, not a dish in their own right.

SELECTION OF STOCKS

Brown stock is so called because it is produced from meat bones that have been "browned" by cooking in fat. It jellies when cold.

Vegetable stock can be given extra depth by the addition of mushrooms, potatoes, and tomatoes that will offset the sweetness of the other vegetables.

Fish stock is quick to make, ideally from the bones and heads of salmon or mild-flavored white fish, especially flatfish like sole and plaice.

Chicken stock serves as the base for many fine soups. Some raw or cooked chicken bones and a few standard aromatics are all that's required to produce a rich, gelatinous stock.

BROWN STOCK

For a rich meat-based stock, use either beef or lamb bones, but never a mixture of the two. If you have any bacon rinds or vegetable trimmings on hand, pop them in the pot, too.

MAKES 2½ QUARTS (2.5 LITERS)
PREP 10 MIN
COOK 3½–4½ HR
FREEZE 3 MONTHS

3lb (1.35kg) raw or cooked beef or lamb bones
2–3 onions, halved
2–3 carrots, halved
1 bouquet garni
2½–3 quarts (2.5–3 liters) cold water
1 tsp black peppercorns

1 If you're using raw bones, roast them with the onions and carrots in an oven preheated to 400°F (200°C), turning them frequently, for 30 minutes or until browned. If you're using cooked bones, start the stock from step 2.

2 Put all the ingredients into a large pan, bring to a boil, then skim off any foam that rises to the surface with a slotted spoon. Lower the heat, cover with a lid, and simmer for 3–4 hours. Strain the stock through a sieve, pressing the

ingredients against the sides of the sieve to extract all the liquid. Cool, then chill in a covered container for up to 3 days. Before use, remove any solidified fat from the surface, then bring the stock to a boil.

BROWN STOCK

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VEGETABLE STOCK

This is an excellent stock, with a good balance of flavors. The potato means it will not be clear, but since it is being used in a soup, that doesn't matter.

MAKES 1 QUART (1 LITER)
PREP 5 MIN
COOK 35 MIN
FREEZE 3 MONTHS

1 leek, thickly sliced
1 large carrot, thickly sliced
2 celery ribs, thickly sliced
1 onion, coarsely chopped
2½oz (75g) button or cremini mushrooms, quartered
1 medium potato, thickly sliced
1 tomato, quartered
3 parsley stems
2 bay leaves
4 sprigs of thyme
1½ quarts (1.5 liters) cold water

1 Put all the ingredients into a large pot. Bring to a boil, then lower the heat, cover with a lid, and simmer very gently for 30 minutes.

2 Strain the stock through a fine sieve, pressing the ingredients well against the sides of the sieve to extract all the liquid. Let cool completely, then chill in a covered container for up to 3 days before use.

VEGETABLE STOCK

FISH STOCK

Ask the fishmonger for the bones when getting fish filleted, and check to see if they have any extra they can give you. Fish bones will freeze, well-wrapped, for up to two months.

MAKES 1½ QUARTS (1.5 LITERS)
PREP 5 MIN
COOK 30 MIN
FREEZE 2 MONTHS

1½–2¼lb (675g–1kg) salmon or white fish bones, heads, and skin (don't use those from dark, oily fish such as mackerel, herring, and sardines—they will give an unpleasant flavor)
6 black peppercorns
1 sprig of thyme
1 bay leaf
2 parsley stems
2 small carrots, coarsely chopped
1 onion, coarsely chopped
2 celery ribs, coarsely chopped
1 cup (250ml) dry white wine
1¾ quarts (1.7 liters) cold water

1 Put the fish heads and bones into a large pan, breaking or cutting them up with a knife to fit. Add the black peppercorns, thyme, bay leaf, and parsley.

2 Add the vegetables to the pot with the wine. Place the pan over medium-high heat and let the wine bubble for 3 minutes. Add the water and bring to a boil.

3 Lower the heat and simmer the stock, uncovered, for 20–25 minutes—but no longer, or the stock may begin to develop a bitter taste. Skim off any white foam from time to time with a slotted spoon.

4 Strain the stock through a fine sieve into a bowl, pressing the solids against the side of the sieve to extract all the liquid. Allow to cool completely, then chill in a covered container for up to 3 days.

5 The finished stock should be thin in texture, with a delicate flavor. It will make an excellent base for all kinds of fish soup.

CHICKEN STOCK

This recipe gives an ideal list of ingredients, but as long as you have the chicken carcass, onion, carrot, and one or two of the herbs, you can turn out a fine stock.

MAKES 1 1/2 QUARTS (1.5 LITERS)
PREP 5 MIN
COOK 3 HR
FREEZE 3 MONTHS

1 raw or cooked chicken carcass, roughly broken into pieces
1 onion, quartered
1 carrot, quartered
1 leek, quartered
1 celery rib, quartered
1 bay leaf
2 parsley stems
1 sprig of thyme
8 black peppercorns
1 3/4 quarts (1.7 liters) cold water

❙ Put the chicken, vegetables, and all the seasonings into a large pan, cover with the water, and bring to a boil. Cover with a lid, lower the heat, and simmer for 2–3 hours, skimming off any foam from time to time.

2 Ladle the stock through a sieve into a bowl, pressing the ingredients well against the side of the sieve with the back of the ladle to extract as much liquid as possible.

3 If you're using the stock immediately, remove any globules of fat from the surface by skimming the top of the stock with a paper towel folded in two.

4 Otherwise, let the stock cool before chilling it in a covered container for up to 3 days. A layer of congealed fat will form on the surface. Scoop this off before use.

MICROWAVE CHICKEN STOCK

If you are short on time, you can also make chicken stock in a microwave. Put the broken-up chicken carcass into a large microwaveable bowl along with the onion, carrot, leek, and celery. Add the bay leaf, parsley, thyme, and peppercorns, then cover with boiling water. Cover the bowl with plastic wrap (roll it back at one edge to allow the steam to escape) and microwave on high for 25 minutes. Let stand for 25 minutes longer, then strain.

PREPARING VEGETABLES

Careful preparation of vegetables is essential. Properly cut vegetables not only contribute to the finished appearance of a soup —they cook more evenly, too.

Vegetables are best prepared just before cooking: washed, peeled, and cut ahead of time, they are left exposed to air and moisture, which can lead them to deteriorate and lose their vitamins. Most often vegetables can be cut by hand, so a good sharp knife is vital. Use a large or small knife depending on the vegetable you're cutting. Here's how to prepare those most commonly used in soups.

CHOPPING OR CRUSHING GARLIC

❙ Lay the clove of garlic on a cutting board with the blade of a large knife on top of it. Strike the blade with the heel of your hand to break the skin of the clove, but don't press down so hard that you smash the garlic.

2 Peel off the skin, then chop the ends off of the garlic. Chop the garlic coarsely, then sprinkle it with a little salt to keep it from sticking to the blade. You can then chop it finely or crush smooth with the flat blade.

CHOPPING ONIONS

❙ Cut the onion in half lengthwise with a chef's knife. Peel away the skin, but leave the root intact—it will help keep the halves together as you chop.

2 With the onion flat side down on the cutting board, make two or three horizontal slices, cutting up to —but not through—the root.

3 Now, vertically slice the onion finely, being careful once again to cut up to but not through the root.

4 Turn the onion 90 degrees and slice across to make even-sized dice. Discard the root when you get to it.

PEELING AND SEEDING TOMATOES

1 With a sharp knife, cut an "X" in the base of the tomato.

2 Immerse it in boiling water for 20 seconds, or until the skin begins to split.

3 Remove the tomato with a slotted spoon and plunge it into ice water to cool it.

4 When it's cool enough to handle, use a paring knife to peel off the skin.

5 Slice the tomato in half, then squeeze the seeds into a bowl and discard.

6 Slice the tomato half first into strips and then into dice.

CLEANING AND CHOPPING LEEKS

1 With a large knife, trim off the root and some of the dark green leaf at the top, then slice the leek lengthwise in two and fan it open.

2 Rinse the leek under cold running water to remove the soil that tends to collect between the layers, then pat it dry with paper towels.

3 Sit the halved leek on the cutting board and slice it into thick or thin strips, according to the recipe.

CHOPPING CARROTS

Peel the carrot, then slice it lengthwise. Cut the lengths crosswise, then stack them and cut into batons. Slice across the batons to make even-sized dice.

SWEATING VEGETABLES

Sweating chopped vegetables in oil or butter gives a soup a more pronounced flavor. Heat a little fat over low heat, stir in the vegetables, then add a pinch of salt, cover, and cook for 5–10 minutes or until soft but not brown.

PREPARING HERBS

Chopped herbs release more of their flavor than whole, but before the leaves of some herbs like rosemary can be chopped, they need to be stripped from their stalks.

CHOPPING HERBS WITH TENDER STALKS

To chop the leaves of herbs with tender stalks like basil, roll them together into a tight bunch.

2 Holding the bunch of leaves steady with one hand, slice across them with a chef's knife.

3 Using the knife in a rocking motion, chop the leaves finely, turning them 90 degrees halfway through.

USING A MEZZALUNA

A mezzaluna makes light work of chopping herbs. Rock it from side to side across them until they're chopped to your liking.

REMOVING STALKS

To strip the leaves off herbs with stalks, run the thumb and forefinger of one hand along the stalk.

MAKING A BOUQUET GARNI

For a classic soup flavoring, tie a sprig of thyme and parsley with a bay leaf. You could also include sage or rosemary.

PREPARING SPICES

Spices lend an extra dimension to many soups and, whether you're using them fresh or dried, they usually require a little straightforward preparation.

BRUISING WHOLE SPICES

Before use, whole fresh spices like lemongrass are usually bruised with the blade of a heavy knife and your hand.

GRATING ROOTS

Roots like ginger can be finely chopped by hand, but it's often easiest to grate them. Peel off the skin beforehand.

SEEDING CHILES

Scraping out the seeds from chiles lessens their heat. Wear a pair of rubber or latex gloves to do it.

FRYING IN OIL

When spices are cooked until lightly colored, their flavor gets trapped in the oil. Use the oil along with the spices.

DRY-ROASTING

To dry-roast spices, place them in an oven preheated to 325°F (160°C), or cook them in a dry pan until lightly browned.

CRUSHING

Dried or dry-roasted spices can be crushed by hand in a pestle and mortar or by machine in a spice mill.

PREPARING PULSES

Dried beans, peas, and lentils are perfect for soup-making. Little effort is required to prepare them—all you need to do is think ahead.

The basic preparation of pulses is simple: first, you need to sort and rinse them; then (in nearly all cases), you need to soak them; finally, the pulses have to be cooked until tender. This can take anywhere from around half an hour to 3 hours. Once cooked, pulses are well-suited to pureeing, but they also work well left whole in soups.

SORTING AND RINSING

Whatever kind of pulse you're using, start by sorting and rinsing them. Place the pulses in a colander and carefully pick out any husks or pieces of grit, then rinse the pulses well under cold running water.

SOAKING

Apart from lentils and split peas, all pulses need to be soaked for at least 8 hours, and preferably overnight. Place them in a bowl, add three times their volume of cold water, then cover and place in the refrigerator.

ADDING FLAVOR

The flavor of pulses can be rather bland, so it's usually a good idea to add some aromatics. A bouquet garni or a sprig of herbs will do the trick: bay leaves, parsley, rosemary, or thyme all work well. A pinch of cumin, coriander, hot red pepper flakes, or caraway is another option, but you could also pop a carrot into the pan or an onion studded with cloves. Alternatively, you can cook pulses in a well-seasoned stock, but never season it with salt—it will prevent them from softening.

COOKING PULSES

Drain the soaked pulses, then place them in a large pan along with any seasonings. Pour in four times their volume of cold water and add 1 tbsp vegetable oil to keep them from sticking. Bring rapidly to a boil, and boil hard for 10 minutes, skimming away any foam with a slotted spoon. Lower the heat, partially cover with a lid, and simmer until tender. The cooking time will depend on the variety of pulse.

COOKING TIMES

Here are approximate cooking times for the pulses most commonly used in soups.

black beans	1 hour
black-eyed peas	1–1 ½ hours
borlotti beans	1–1 ½ hours
cannellini beans	1–1 ½ hours
chickpeas	2–3 hours
flageolet beans	1 ½ hours
lentils (split)	25 minutes
lentils (whole)	45 minutes
lima beans	1–1 ½ hours
navy beans	1–1 ½ hours
pinto beans	1–1 ½ hours
red kidney beans	1–1 ½ hours
split peas	45 minutes

PUREEING

Among the easiest soups to prepare are those you process to a puree in a blender. The alternative is to use a food mill—this requires a little more effort, but the results are smoother.

The secret to success with pureed soups is thorough cooking, so that the starchy ingredients that give the soup its body can be blended to a smooth puree. For that reason, always cook root vegetables and dried beans until they are extremely tender, but never overcook potatoes, or they will become glutinous and gluey. There is also a range of semi-pureed soups, in which some of the ingredients are blended to thicken the broth, while the rest are left whole for interest.

USING A FOOD MILL

Working the ingredients through a food mill is particularly successful for soups that contain ingredients with skins and seeds, which blenders sometimes can't cope with.

SEMI-PUREED SOUPS

To thicken a soup but keep some texture for interest, puree about half of it and then return it to the pan. Gently reheat the soup before serving.

IN A BLENDER

❙ Before blending, test the ingredients are really tender with a knife—they are only ready to puree when completely soft.

2 Blend the soup until you have a smooth consistency with no lumps. Do it in batches so you don't overload the machine.

3 The consistency of a pureed soup will vary according to the ingredients used and the way in which they're processed. But, in general, it should be totally smooth and lump-free. To remove all traces of skins, seeds, and fibers, you may need to push the puree through a fine sieve.

ENRICHING

Butter or cream stirred into a soup at the last minute will greatly improve its character, adding body and shine. For interest, you can flavor the butter and serve it at the table.

Both cream and butter make a quick and simple garnish for individual servings of soup (see Garnishing), but if you have another garnish in mind, you can add them to the soup to enrich it while it's still in the pan. Butters flavored with herbs, nuts, or smoked fish are another way of enriching a soup, although these are best served separately, to be added to the soup by your guests.

WITH CREAM

Add the cream at the end of cooking and, in a pureed soup, after blending. Stir it in well, then check the seasoning. If you've added a substantial amount of cream, you may want to reheat the soup gently before serving.

WITH BUTTER

Cut 1–2 tbsp of chilled unsalted butter into cubes. Remove the pan from the heat and whisk it in a cube at a time—the soup should become glossy and smooth. Do not reheat the soup or the butter will separate.

WITH A FLAVORED BUTTER

Flavored butters are an ideal accompaniment to pureed soups and bisques. They are also easy to prepare and work well with a variety of ingredients. Blend the flavorings of your choice into the butter, then place the butter on a sheet of wax paper and roll it tightly into a cylindrical shape. Chill it in the refrigerator or freezer until you're ready to serve the soup, then simply slice it into rounds. You could also serve the butter at the table and allow your guests to help themselves. Here are recipes for two flavored butters that are great with a whole range of soups.

Herb butter Mix 4 tbsp (60g) softened butter with 6 blanched and finely chopped spinach leaves, 1 chopped shallot, 1 tsp each chopped parsley, chervil, and tarragon, and some salt and pepper. Roll in wax paper and chill until needed.

Lemon and hot pepper butter Combine 4 tbsp (60g) softened butter with 1 tsp finely grated lemon zest and ¼ tsp crushed hot red pepper flakes (or more if you like your food spicy). Season to taste with salt.

THICKENING

A little butter or cream stirred into a soup just before serving will enrich it, but there will be times when you want to thicken a soup a bit more. Here's how to do it.

There are several quick and easy ways you can give body to a soup at the end of cooking. You could whisk egg yolk or a mixture of egg yolk and cream into the hot liquid. Another option is to use starch, in the form of rice flour, all-purpose flour, or cornstarch. Or you could make a paste from flour and butter and stir this into the soup before serving. But perhaps the oldest method of thickening a soup is with bread, either stirred into the broth at the last minute or incorporated into it earlier in the cooking process.

WITH STARCH

Mix a little cornstarch, rice flour, or all-purpose flour to a thin paste with some cold water. Stir the mixture into the pot of hot soup, bring back to a boil, and simmer, stirring all the time, for 1–2 minutes until the soup thickens.

WITH FLOUR AND BUTTER

Combine two parts softened butter to one part flour. Gradually whisk small pieces of the paste into the hot soup at the end of cooking. Allow the flour to cook for 1–2 minutes, stirring all the time.

WITH EGG

Added toward the end of cooking, egg yolk or a mixture of egg yolk and cream will thicken a hot soup and make it velvety. Remove the pan from the heat to incorporate the mixture, then reheat the soup gently, whisking until thick. Do not allow it to boil or it will curdle.

WITH BREAD

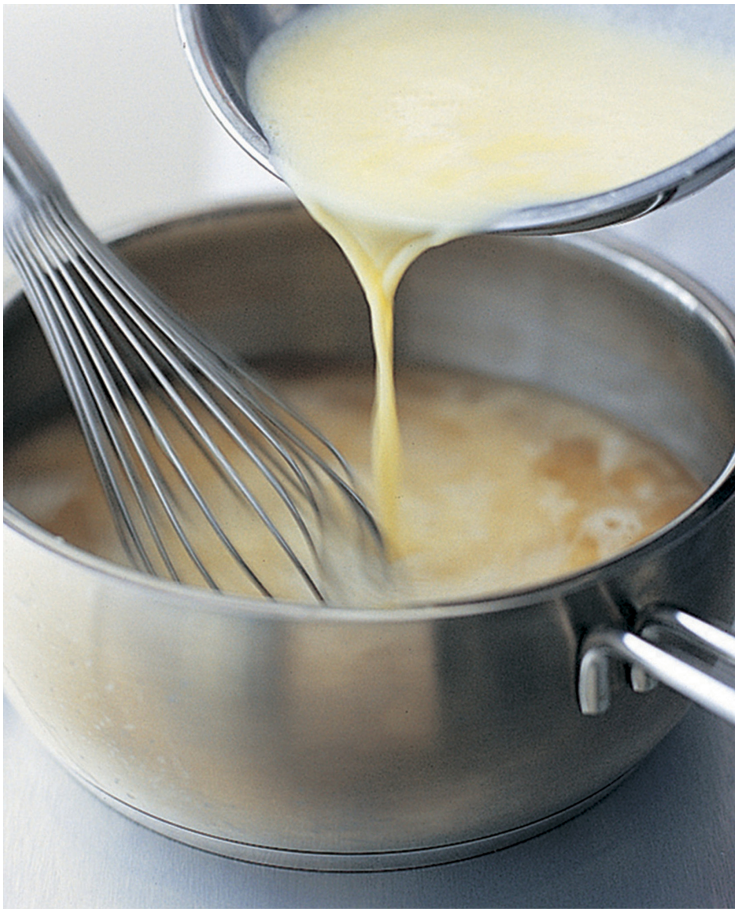
Bread has long been used to thicken country soups. For gazpacho (left), bread crumbs are blended into the soup at an early stage. But bread can also be added to a broth at the last minute, and stirred until it breaks up and thickens the soup.

RESCUING

There's no need to worry if your soup hasn't turned out quite as you had intended—even the most accomplished cook occasionally produces a dish that's less than perfect.

Whether you are unhappy with the finished consistency or think the soup is too highly seasoned, here are some quick fixes to set things right.

TOO THIN



There are a number of ways you can thicken a soup that's too thin. You could whisk in a paste of butter and flour or a mixture of eggs and cream (as here). Or, you could add some starch in the form of rice flour, all-purpose flour, or cornstarch blended with water (for more details, turn to Thickening). Another option is to stir in a few instant potato flakes or instant oats.

TOO THICK

Depending on the liquid you've used to produce the soup, thin it with a little stock, milk, or water. Once the soup has reached the desired consistency, taste it, season, and reheat gently.

STRINGY OR LUMPY

Even a soup you've processed in a blender can turn out lumpy or stringy. Ladle it into a fine sieve, then use the back of the ladle, a wooden spoon, or a pestle to push the ingredients through. Reheat gently before serving.

TOO SALTY

If you only ever add salt toward the end of cooking and use homemade unseasoned stock, the chances of your soup being too salty are slim. But, if it is, there are a couple of things you can do. Add a couple raw potatoes cut in half and simmer the soup gently until they're cooked, then remove and discard them before serving. Alternatively, add a little sugar and, if the soup is also too thick, some cream, milk, or water.

GARNISHING

From a single piece of seafood to a simple swirl of cream, a well-chosen garnish transforms a soup, adding extra color, as well as texture and flavor.

For some soups, a garnish is an essential component— the sour cream stirred into Borscht, for instance, or the cheese-topped croûtes served with French onion soup. For others, a garnish is a way of introducing contrasting textures and flavors. Many ingredients can act as a garnish if they also complement the flavors of the soup, but here is a selection to suit almost every type.

WITH CREAM

Dolloped, swirled, or drizzled, cream makes an excellent garnish for thick pureed soups. Use light cream, heavy cream, sour cream, or crème fraîche. Yogurt is also a good alternative if you're counting calories.

WITH HERBS

Fresh sage or parsley leaves fried in olive oil until crisp make a flavorful garnish for gutsy soups, but a sprinkling of chopped parsley, chervil, or cilantro instantly adds interest, fragrance, and color to almost any soup.

WITH SHELLFISH

A whole shrimp, crab claw, grilled scallop, or (as here) an oyster poached and served in its shell makes a spectacular garnish for a seafood soup. A wild garlic flower provides the finishing touch for this dish.

WITH OLIVE OIL

As much a condiment as a garnish, a drizzle of fragrant, full-bodied extra virgin olive oil brings a Mediterranean flavor to soups, while looking appetizing and glossy on the surface.

WITH VEGETABLES

Raw or cooked, vegetables make eye-catching and healthy garnishes. If small, like peas, they can be served whole. Otherwise, slice them into decorative strips, dice, or rings.

WITH BACON

Cooked until crisp and then crumbled, bacon makes a tasty garnish that looks attractive floating on the surface of a pale pureed soup. Here it is accompanied by pieces of pan-fried scallop.

WITH SEEDS OR NUTS

Toasted seeds or nuts not only look pretty, they also lend a satisfying crunch. Served with a vegetable soup, they are a good source of protein, too.

WITH CROUTONS

Small dice of fried bread are a classic garnish. For about 40 croutons, cut 4 slices of day-old white bread (crusts removed) into ½ in (1 cm) dice. Heat 2 tbsp olive oil and 2 tbsp (30g) unsalted butter in a large frying pan until hot, then cook the bread, stirring constantly, for 10 minutes or until golden. Drain on paper towels before serving. For extra flavor, stir in a finely chopped garlic clove a few minutes before the croutons are through cooking.

WITH CROÛTES

Large croutons are known as croûtes. To make them, cut a day-old baguette into ½ in (1 cm) slices, and toast until golden. Alternatively, place on a baking sheet and bake in an oven preheated to 350°F (180°C) for 15 minutes.

WAYS OF SERVING CROÛTES

Croûtes are a versatile garnish. Rubbed with garlic, then topped with cheese and popped under the broiler, they are perfect for French onion soup (above). For fish soups, spread them thickly with a garlicky rouille sauce.

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SPRING

SEASON'S BEST

Fresh tastes and sweetness mark the new crops of spring, from early peas to delicate asparagus and lettuce. These lend themselves to rich, creamy soups and pair well with flavors such as shellfish, arugula, and even fruity mango. The changeable weather means you'll sometimes still want something warming and hearty, such as a smoked cauliflower cheese soup or a wild salmon chowder, and there are also distinctly seasonal delicacies to try, such as wild garlic soup, or nettle soup made from the first new growth of the year.

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RECIPE BY

CELIA BROOKS BROWN

LETTUCE SOUP WITH PEAS

Don't use lettuces that have bolted for this—they will have bitter cores. Some of the leaves may still be good to use, though. Taste before using.

SERVES 4
PREP 30 MIN
PLUS 30 MIN CHILLING
COOK NONE
FREEZE NOT SUITABLE

4½oz (125g) peas (shelled weight)
1 small garlic clove
pinch of coarse salt
2 medium heads lettuce (about 1lb 2oz/500g in total), cleaned, torn into pieces, and solid cores discarded
1 cup (250ml) plain yogurt
¾in (2cm) piece fresh ginger, peeled and finely grated
handful of mint leaves
juice of ½ lemon

salt and freshly ground black pepper

1 Bring a small amount of water to a boil in a pan, add the peas, and cook for 1 minute. Drain (reserving the cooking water), cool under cold running water, and refrigerate. Cut the garlic in half, and remove and discard any green at the center. Crush the halves along with a pinch of coarse salt.

2 Combine the garlic with all the other ingredients (except the peas) in a food processor or blender, adding just enough of the reserved cooking water to get the blades moving or until the desired consistency is achieved—this will vary according to the type of lettuce and the kind of machine you are using, but it is nice if you can get it fairly smooth, with a bit of texture.

3 Transfer the soup to a large bowl and chill for 30 minutes. When ready to serve, stir in the cooked peas, leaving a few to garnish.

LETTUCE SOUP WITH PEAS

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RECIPE BY

ANGELA NILSEN

LIMA BEAN SOUP WITH ARUGULA PESTO

A quick homemade version of pesto is spooned on top of this lima bean soup, giving it extra flavor, color, and texture—perfect for serving at a dinner party.

SERVES 4
PREP 20 MIN
COOK 20 MIN
FREEZE UP TO 3 MONTHS
SOUP AND PESTO SEPARATELY

2 tbsp olive oil
1 onion, chopped
2 celery ribs, halved lengthwise, sliced
2 garlic cloves, chopped
4 slices prosciutto, chopped
pinch crushed hot red pepper flakes
handful basil leaves, shredded
1 quart (1 liter) vegetable or chicken stock
1¾oz (50g) spaghetti, broken into pieces

15oz (400g) can lima beans, drained
salt and freshly ground back pepper

FOR THE PESTO
scant 1oz (25g) arugula, very finely chopped
2 tbsp very finely chopped basil
scant 1oz (25g) Parmesan cheese, grated
scant 1oz (25g) pine nuts, toasted, and very finely chopped
1 small garlic clove, finely chopped
3 tbsp olive oil
salt and freshly ground black pepper

1 Heat the oil for the soup in a large saucepan. Add the onion and celery and cook for 4–5 minutes until the onion is soft but not brown. Add the garlic and cook for 1 minute. Stir in the prosciutto and red pepper flakes and cook another 1–2 minutes until the prosciutto is starting to crisp. Stir in the basil, stock, and spaghetti. Bring to a boil. Simmer for about 10 minutes or until the spaghetti is *al dente*. Add the lima beans and warm through.

2 Spoon 3 ladlefuls of the soup into a food processor or blender and process until smooth. Stir it back into the rest of the soup and season with salt and pepper to taste.

3 Mix all the ingredients for the pesto together in a bowl or coarsely chop in a small blender. Season it with pepper and a pinch of salt. Reheat the soup and serve with a spoonful of pesto on top.

LIMA BEAN SOUP WITH ARUGULA PESTO

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RECIPE BY

CELIA BROOKS BROWN

ARUGULA AND PARMESAN SOUP

This makes good use of peppery late-season arugula which may have become a bit leathery. If your arugula is in bloom, the flowers can add a distinctive savory flavor to the dish.

SERVES 4
PREP 11 MIN
COOK 30 MIN
FREEZE UP TO 3 MONTHS

2 tbsp olive oil
2 medium onions, chopped
1lb 7oz (650g) potatoes, washed but not peeled, cut into ¾in (2cm) cubes
sea salt
4 small or 2 large garlic cloves, crushed
1 quart (1 liter) vegetable stock
1 Parmesan rind, about 1¼ x 3½in (3 x 9cm), cut into tiny dice
4½oz (125g) arugula leaves, coarsely chopped
fresh Parmesan, to serve
arugula flowers, to serve (optional)

1 Heat the oil in a soup pan over medium heat. Add the onions and cook, stirring frequently, until soft and translucent. Add the potatoes with a little salt, stir, cover, and cook for 5 minutes, stirring frequently.

2 Add the garlic and stir for a few seconds until fragrant, then pour in the stock. Bring to a boil, add the Parmesan rind, then simmer for about 10 minutes, stirring occasionally, until the potato is soft.

3 Add the arugula, stir, and cook for 3–5 minutes, until tender but still bright green. Cool briefly, then puree the soup with a hand blender until smooth. Taste for seasoning. Serve each bowl with grated or shaved fresh Parmesan, and a few arugula flowers if you have them.

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CREAM OF ASPARAGUS SOUP

If you are a fan of pureed soups, you can process the mixture in a blender at the end of cooking, then pass it through a fine sieve and reheat gently before serving.

SERVES 4
PREP 10 MIN
COOK 40 MIN
FREEZE UP TO 3 MONTHS
AT THE END OF STEP 3

1 quart (1 liter) water
salt and freshly ground black pepper
4 tbsp (60g) butter
1lb 2oz (500g) white or green asparagus, trimmed, peeled (reserve the trimmings), and cut into 1in (2.5cm) lengths
1 ¼ (300ml) cups milk
4 tbsp (30g) flour
pinch of superfine sugar
pinch of freshly grated nutmeg
2 medium egg yolks
2 tbsp heavy cream
1 ½ tbsp chopped flat-leaf parsley

❙ Put the water into a saucepan with 1 level tsp salt and 1 ½ tbsp of the butter. Add the asparagus trimmings, bring to a boil, then cover and simmer for 15 minutes over medium heat. Strain through a sieve (reserving the cooking liquid) and discard the trimmings.

2 Bring the cooking liquid to a boil and add the trimmed asparagus. Return to a boil, cover, and cook for 10–12 minutes or until al dente, then drain, reserving the cooking liquid. Add enough of the milk to the cooking liquid to make 4 cups in all.

3 Melt the remaining butter in a pan, add the flour, and cook over low heat, stirring, for 2–3 minutes or until smooth. Gradually add the milk mixture, stirring vigorously with a whisk to make sure there are no lumps. Bring to a boil and cook, uncovered, over low heat for 5 minutes, stirring occasionally. Add the sugar and nutmeg and season with salt and black pepper.

4 Stir the egg yolks into the cream and slowly add the mixture to the soup, stirring carefully to get a smooth texture. Add the asparagus and reheat gently. Do not let the soup boil. Serve garnished with the parsley.

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RECIPE BY

SHAUN HILL

ASPARAGUS AND MOREL SOUP

This soup is best made when asparagus first appears and when fresh morel mushrooms are in season. It should taste fresh and light, so cooking times are brief.

SERVES 4
PREP 15 MIN
COOK 20 MIN
FREEZE NOT SUITABLE

1 ½ quarts (1 ½ liters) chicken stock
1 small potato, cut into ¾in (2cm) dice
1 small leek, rinsed, trimmed, and cut into ¾in (2cm) lengths
14oz (400g) asparagus, trimmed and cut into 2in (5cm) lengths
1 tbsp olive oil
1 tbsp crème fraîche
2 tbsp (25g) unsalted butter
salt and freshly ground black pepper
4 large fresh morels (or 4 dried morels soaked in lukewarm water for 30 minutes)

1 Heat the stock in a large saucepan, add the potato, and bring to a boil. Lower the heat and simmer for 5 minutes. Add the leek and asparagus and cook, uncovered, for 7–8 minutes. Pick out four attractive asparagus tips and reserve for garnishing. Transfer the contents of the pan to a blender and process until smooth. Add the olive oil, crème fraîche, and 1 ½ tbsp of the butter, then season with salt and black pepper.

2 Halve the morels lengthwise and brush clean inside and out. Cook gently in a pan with the remaining butter for a few minutes until cooked. Meanwhile, reheat the soup. Serve garnished with the morels and reserved asparagus tips.

ASPARAGUS AND MOREL SOUP

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RECIPE BY

ROOPA GULATI

CAULIFLOWER SOUP WITH TOASTED CORIANDER

Cauliflower is transformed when treated to gentle heat and aromatic spicing. For a vegetarian option, garnish this with croutons and Parmesan cheese instead of bacon.

SERVES 4–6
PREP 15–20 MIN
COOK 40 MIN
FREEZE UP TO 1 MONTH
WITHOUT HALF-AND-HALF OR BACON

2 tsp coriander seeds
3 tbsp (40g) unsalted butter
1 onion, diced
1 potato, diced
1 head cauliflower, finely chopped
2 cups (500ml) vegetable stock
1 bay leaf
8 slices bacon
¾ cup (200ml) milk
½ cup (100ml) light cream
salt and freshly ground black pepper

1 Heat a sturdy frying pan and lightly dry-roast the coriander seeds, stirring constantly, for about a minute. Grind the seeds to a coarse powder using a mortar and pestle and set aside.

2 Melt the butter in a large saucepan over low heat. Add the onion and potato, cover, and leave to soften for 10 minutes. Add the cauliflower and ground coriander, season well, cover, and continue cooking for another 10 minutes.

3 Pour in the stock, add the bay leaf, cover, and simmer for about 15 minutes, until the cauliflower has softened. Meanwhile, cook the bacon under the broiler until crisp. Drain on paper towels, coarsely chop, and set aside.

4 Remove the bay leaf and blend the soup to a puree with an immersion blender. Stir in the milk and add the cream. Reheat and season with salt and pepper. Ladle the soup into bowls and scatter with the chopped bacon before serving.

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RECIPE BY

SOPHIE GRIGSON

SMOKED CAULIFLOWER CHEESE SOUP

Make sure your cauliflower is impeccably fresh, and check that the cheese really is smoked, and not just laced with fake smoke flavoring, as some are.

SERVES 6
PREP 15–20 MIN
COOK 25–30 MIN
FREEZE UP TO 3 MONTHS
BEFORE CHEESE IS ADDED

1 cauliflower, broken into florets
1 large onion, chopped
1 medium starchy potato, cut into cubes
2 garlic cloves, sliced
1 bouquet garni
2 tbsp (30g) butter
1 quart (1 liter) hot vegetable or chicken stock
salt and freshly ground black pepper
3½oz (100g) coarsely grated smoked cheddar
a shake of cayenne pepper, freshly chopped parsley or chives, croutons, or a dollop of sour cream, to garnish

1 Cook the vegetables, garlic, and bouquet garni with the butter in a covered pan over low heat for 10 minutes, stirring once or twice. Add the stock, a little salt, and lots of black pepper and bring to a boil. Simmer until the cauliflower

and potato are just tender (don't overcook). Remove the bouquet garni and process the soup in a blender until smooth, adding more stock or a little milk to thin it down as necessary.

2 Reheat the soup gently, but do not allow it to boil. Stir in two-thirds of the cheese, and taste, adding more cheese if needed. Taste one more time, then serve with the garnish of your choice.

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RECIPE BY

ALLEGRA MCEVEDY

SOUP OF THE FIRST AND LAST

A wonderfully elegant soup that marks the crossover between foods that are coming into season and those that are going out of season.

SERVES 4–6
PREP 30 MIN
COOK 45 MIN
FREEZE NOT SUITABLE

10 oysters, opened, and with juice
1 tbsp butter
1 white onion, finely diced
2 garlic cloves, finely chopped
1 celery rib, finely diced
salt and freshly ground black pepper
¾ cup (200ml) heavy cream
3 ½ cups (800ml) cold water
½ celeriac, peeled and finely diced
7oz (200g) russet potatoes, cut into thin slices

2 small–medium turnips, cut in two, then sliced into half-moons
7oz (200g) wild garlic leaves, cut into roughly 1¾in (4cm) pieces (or substitute baby spinach and extra garlic)
a handful of wild garlic flowers, to garnish (optional)

1 Wash 4–6 oyster shells (one per serving) to remove any grit. Cover with boiling water, to clean and keep warm. Heat the butter in a pan, add the onion, garlic, celery, and a pinch of salt, cover with a lid, and cook over low heat for 5 minutes or until soft. Add the cream, half the water, and celeriac and simmer, covered, for 10 minutes. Add the potatoes and cook for 10 minutes, then add the turnips and cook for 10 more minutes.

2 Take off the heat and ladle half the soup into a blender. Add 4–6 oysters (depending on how many you need to serve) and half the garlic leaves and blend until smooth. Pour the mixture back in the pan, rinse the blender out with the remaining water, and add that to the pan as well. Season with salt and black pepper, add the rest of the garlic leaves, then bring to a gentle simmer and cook for 5 minutes.

3 Meanwhile, put the remaining oysters and their juices in a pan with 2 tbsp water, and poach for 4 minutes or until firm. Turn halfway through. Remove the oysters from the pan and set aside. Stir the warmed juices into the soup, then check the seasoning and the consistency—add a little hot water if the soup is too thick. Divide among 4–6 bowls. Drop a warm oyster shell in each, fill with a reserved oyster, and garnish with wild garlic flowers if desired.

SOUP OF THE FIRST AND LAST

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RECIPE BY

DAPHNE LAMBERT

WILD GARLIC SOUP

A great way to use up potatoes, and celebrate spring. If you can't find wild garlic leaves, use spinach instead and add a couple of garlic cloves with the potato and onion.

SERVES 4–6
PREP 10 MIN
COOK 35 MIN
FREEZE UP TO 3 MONTHS

3 cups (700ml) water
6 large handfuls of wild garlic leaves
2 tbsp (25g) butter
3 medium potatoes, diced
1 large onion, diced
2½ cups (600ml) hot vegetable stock
sea salt and freshly ground black pepper

1 Bring 3 cups of water to a boil and immerse the garlic leaves for 30 seconds. Remove with a slotted spoon (reserving the cooking liquid) and plunge into a bowl of cold water. Let cool, then drain and set aside.

2 Meanwhile, melt the butter in a saucepan over medium heat. Add the potatoes and onion and cook gently for 15 minutes. Add the stock and 2½ cups (600ml) of the reserved cooking liquid, bring to a boil, then lower the heat and simmer for 15 minutes or until the potatoes are soft.

3 Remove the pan from the heat and add the garlic leaves. Process the mixture in a blender until smooth, then return to the pan and reheat gently. Season with salt and pepper and serve.

RECIPE BY

CELIA BROOKS BROWN

NETTLE SOUP

A fantastic way to use this much maligned, fragrant weed—choose young and tender specimens and wear a double layer of latex gloves to handle them.

SERVES 4
PREP 10 MIN
COOK 20 MIN
FREEZE UP TO 3 MONTHS

2 tbsp canola oil or olive oil
4 scallions, sliced
3 leeks, coarsely chopped
1lb 7oz (650g) potatoes, washed but not peeled, cut into ¾in (2cm) cubes
sea salt
1 quart (1 liter) vegetable stock
3½oz (100g) young nettles or nettle tips (about ¼ bag full), washed
juice of half a lemon
freshly ground black pepper
plain thick yogurt, to serve

1 Heat the oil in a heavy soup pan over medium heat. Add the scallions, leeks, and potatoes with a little sea salt. Stir, cover, and cook for about 5 minutes, stirring frequently.

2 Add the stock and bring to a boil. Add the nettles, stir, and simmer for 10 minutes, or until the potatoes are soft. Cool briefly, then puree with a hand blender until completely smooth. Taste for seasoning, then squeeze in a little

lemon juice and grind in some pepper. Serve each bowl with a dollop of thick yogurt and more pepper.

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RECIPE BY

DARINA ALLEN

SPINACH AND ROSEMARY SOUP

Make sure you add the greens at the last minute, otherwise they will overcook and the soup will lose its fresh taste and bright green color.

SERVES 6
PREP 15 MIN
COOK 25 MIN
FREEZE UP TO 3 MONTHS

3½ tbsp (50g) butter
4oz (115g) finely chopped onion
5½oz (150g) diced potato
salt and freshly ground black pepper
2 cups (450ml) hot vegetable stock, chicken stock, or water
½ cup (120ml) light cream
1½ cup (350ml) milk
12oz (350g) spinach, stalks removed and chopped
1 tbsp chopped fresh rosemary
2 tbsp light cream, to garnish
sprig of rosemary or rosemary flowers, to garnish

1 Melt the butter in a heavy-bottomed saucepan. When it is starting to foam, add the onion and potato, and stir to coat well. Season with salt and black pepper, then cover the pan with a lid and cook the vegetables over low heat for 10 minutes.

2 Add the stock, cream, and milk, bring to a boil, then simmer for 5 minutes or until the potato and onion are completely cooked. Add the spinach and boil the soup with the lid off for 2–3 minutes or until tender. Do not overcook. Add the chopped rosemary, then process the soup in a blender until smooth. You may need to do this in batches. Return to the pan and reheat gently.

3 Serve in warm bowls garnished with a swirl of cream and a sprig of rosemary. If you have a rosemary bush in bloom, sprinkle a few flowers over the top for extra pizzazz. This is good with crusty bread.

SPINACH AND ROSEMARY SOUP

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RECIPE BY

SKYE GYNGELL

SPINACH AND PARMESAN SOUP WITH CRÈME FRAÎCHE

This verdant spinach soup is so simple; it takes no more than a few minutes to make, yet sings of the garden. It is beautiful served warm or at room temperature.

SERVES 4
PREP 10 MIN
COOK 15–20 MIN
FREEZE UP TO 3 MONTHS
BEFORE PARMESAN IS ADDED

10oz (300g) baby spinach leaves
2 tbsp (25g) unsalted butter
2 large shallots, finely sliced
1 garlic clove, finely chopped
sea salt and freshly ground black pepper
1 quart (1 liter) chicken stock
5 tbsp (100ml) crème fraîche
3½oz (100g) Parmesan cheese, grated
grated lemon zest, to garnish

1 Wash the spinach thoroughly, drain, and shake until almost dry. Place a large pan over medium heat. Add the spinach, cover, and cook until it just wilts. Drain in a colander and set aside.

2 Rinse and dry the saucepan. Add the butter to the pan and melt over low heat, then add the shallots and sweat for five minutes, or until softened and translucent. Add the garlic and cook for 1–2 minutes, then season with salt and pepper.

3 Add the cooked spinach and stir once or twice. Pour in the stock and turn up the heat. Bring to a simmer then immediately remove from the heat. Puree the soup in a blender until smooth. Return it to the saucepan and stir in the crème fraîche. Add the grated Parmesan cheese and check the seasoning. Then either reheat gently and serve warm, or allow to cool and enjoy at room temperature. Add a sprinkling of grated lemon zest before serving.

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RECIPE BY

SOPHIE GRIGSON

MANGO, CILANTRO, AND POMEGRANATE SOUP

This unusual chilled soup is extraordinarily good, bursting with health and vitality, and is made in just a few minutes. What's not to like?

SERVES 4
PREP 5 MIN
COOK NONE
FREEZE NOT SUITABLE

1 large or 2 small ripe mangoes
1 red chile, seeded and coarsely chopped
½in (1cm) piece ginger, peeled and finely chopped
1 tbsp coarsely chopped cilantro leaves, plus extra to serve
juice of 1–1½ limes
1¼ cups (300ml) pomegranate or cranberry juice
sea salt
a few pomegranate seeds, to serve (optional)

1 Peel the mango and cut off all the flesh. Add to a blender or food processor along with the chile, ginger, cilantro, lime juice, pomegranate juice, and a little salt and blend to a puree. Taste and add a little more salt if needed.

2 Pour into small bowls or shot glasses, top with a little more chopped cilantro and a few pomegranate seeds (if using), and serve at once.

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RECIPE BY

ROOPA GULATI

MANGO AND CURRY LEAF SOUP

Alfonso mangoes, renowned for their fragrant flesh and creamy texture, have a short season in India from early April through May. Other varieties work well, too.

SERVES 4
PREP 15 MIN
COOK 20 MIN
FREEZE UP TO 1 MONTH
AT THE END OF STEP 3

FOR THE GARNISH
small handful of curry leaves
vegetable oil for deep frying

FOR THE SOUP
4 ripe mangoes, Alfonso if in season, available from South Asian stores
2 tbsp vegetable oil
1 tsp black mustard seeds
handful of fresh curry leaves

1 red chile, seeded, finely chopped
2 tsp palm sugar or dark brown muscovado sugar
½ tsp turmeric
2 tsp rice flour
1¼–1¾ cups (300–400ml) vegetable stock
1¼ cup (300ml) coconut milk
juice of 1 lime, to taste
salt and freshly ground black pepper
2 tbsp fresh cilantro, chopped

1 First make the garnish: deep-fry the curry leaves in hot oil until crisp—it only takes a few seconds. Drain on paper towels and set aside.

2 Coarsely chop the flesh of 3 mangoes into small pieces and finely dice the fourth. Set aside. Heat the oil in a medium pan and, when hot, fry the mustard seeds for a few seconds before adding the curry leaves and chile. Continue frying for 30 seconds, until the leaves stop sputtering.

3 Add the 3 chopped mangoes to the pan, reserving the diced mango. Turn the heat to low and simmer the fruit until softened. Stir in the sugar and cook until the mango begins to caramelize. Sprinkle over the turmeric and rice flour and cook for 30 seconds, stirring all the time. Pour over 1¼ cups of the stock and simmer for 10 minutes.

4 Add the coconut milk and simmer for 2–3 minutes. Sharpen with lime juice, season with salt and pepper, and stir in the cilantro and diced mango. If the soup is too thick, add a little more hot vegetable stock. Divide the soup between the bowls and sprinkle with a few crisp-fried curry leaves.

MANGO AND CURRY LEAF SOUP

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RECIPE BY

ROOPA GULATI

MANGO AND SNAPPER BROTH

This is a complete meal in a bowl. Raw mangoes add bite to a citrusy broth flecked with fiery red chiles. Raw mangoes are available in many Asian markets.

SERVES 4
PREP 15 MIN
PLUS 20 MIN MARINATING
COOK 15 MIN
FREEZE NOT SUITABLE

1 tbsp soy sauce
2 tsp Asian fish sauce
1 tbsp toasted sesame oil
1 tbsp mirin
1 tsp sugar
juice of 1 lime
1lb (500g) skinless red snapper fillets, cut into 1in (2.5cm) cubes
2 stalks lemongrass, finely chopped
2 tbsp vegetable oil
4 bird's eye chiles, finely sliced
4 scallions, finely sliced

2in (5cm) fresh ginger, finely shredded
4 garlic cloves, coarsely chopped
4 small raw green mangoes, or under-ripe mangoes, peeled and finely chopped
2 tsp palm sugar or brown sugar
2 tbsp rice wine vinegar
1 quart (1 liter) fish stock
8 lime leaves, torn in half
1 tbsp Asian fish sauce
4oz (100g) medium egg noodles
4oz (100g) thin green beans, halved
salt to season
juice of 1 lime, to taste
2 tbsp chopped fresh cilantro leaves
1 tbsp shredded fresh mint leaves

1 Combine the soy and fish sauce, sesame oil, mirin, sugar, and lime juice, and spoon over the fish. Refrigerate for 20 minutes. Pound the lemon-grass to a paste with a dash of water, using a mortar and pestle. Set aside.

2 Heat the oil in a wok or large pan and cook the chiles, scallions, ginger, and garlic for 30 seconds over high heat. Add the mangoes and cook for 1 minute. Stir in the palm sugar until it begins to caramelize. Add the vinegar, lemongrass, stock, lime leaves, and fish sauce. Bring to a boil.

3 Stir in the noodles, beans, and fish pieces (not the marinating liquid). Simmer for 3–5 minutes, until the noodles are cooked and the fish flakes easily. Season with salt, sharpen with lime juice, and add the herbs.

MANGO AND SNAPPER BROTH

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HAMBURG EEL SOUP

If you enjoy the intense salty-sweetness of eel, you'll love this German-style soup. Contact your fishmonger in advance to order a fresh eel, asking for it to be prepared.

SERVES 6
PREP 15 MIN
COOK 1 HR 20 MIN
FREEZE UP TO 2 MONTHS

3 1/4 cups (750ml) Riesling wine
2 cups (500ml) water
2 tbsp white wine vinegar
2 tbsp chopped fresh parsley
1 onion, sliced
2 carrots, diced
1 bay leaf
salt and freshly ground black pepper
1 prepared eel (cleaned, skinned, and cut into 2in/5cm pieces)
2 tbsp (30g) butter
1 1/2 tbsp flour
2 quarts (2 liters) hot vegetable stock
1 bouquet garni

1 Pour the wine and water into a large saucepan with the vinegar, then add the chopped parsley, onion, carrots, and bay leaf, and season with salt and pepper. Bring to a boil and cook for 4–6 minutes. Add the eel pieces and simmer over low heat for 10 minutes, or until the flesh is tender, then let cool.

2 Melt the butter in a saucepan, add the flour, and cook until blended. Stir in the stock a little at a time. Add the bouquet garni to the pan, and cook slowly for 1 hour.

3 To serve, remove the eel pieces from the cooking liquid. Stir half the cooking liquid into the vegetable stock, divide the eel pieces between six bowls, and ladle the soup over.

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RECIPE BY

ANGELA NILSEN

WILD SALMON CHOWDER

Chowder makes a hearty lunchtime soup for any time of year. When possible, try to purchase your wild salmon from a sustainable source.

SERVES 4
PREP 15 MIN
COOK 25 MIN
PLUS 5–10 MIN RESTING
FREEZE NOT SUITABLE

2 tbsp olive oil
4 slices bacon, chopped
6 scallions, cut into 1in (2.5cm) slices
3 sprigs of thyme
2 bay leaves
1lb 5oz (600g) small waxy potatoes, thickly sliced
2 tbsp (25g) butter
1 tbsp flour
3 cups (700ml) fish or chicken stock
14oz (400g) salmon fillets, skinned and cut into chunks
⅔ cup (150ml) light cream
2–3 tbsp snipped dill
zest of ½ lemon, finely grated
salt and freshly ground black pepper

❙ Heat 1 tbsp of the oil in a wide, deep sauté pan. Add the bacon and cook until crisp. Drain on paper towels and set aside. Pour the remaining oil into the

pan, add the scallions, thyme, and bay leaves, and stir-fry for 1 minute. Add the potatoes and cook for 2–3 minutes.

2 In another saucepan, melt the butter and beat in the flour. Cook for 1–2 minutes and then gradually add the stock. Bring to a boil and then simmer gently for 3–4 minutes or until thickened slightly. Add the thickened stock to the potatoes and bring to a boil. Cook for 10 minutes without stirring, until the potatoes are just tender.

3 Reduce the heat and submerge the salmon chunks into the stock. Simmer very gently for 3–5 minutes, until the fish is just cooked. Do not stir or the fish will break up.

4 Remove from the heat. Without stirring, pour in the cream and scatter with the dill and lemon zest. Let the soup sit for 5–10 minutes for all the flavors to blend. When ready to serve, gently warm through, discard the thyme and bay leaves, and add seasoning if needed. Ladle into bowls and serve with black pepper and the crispy bacon scattered over the top.

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CREAMY SMOKED TROUT SOUP

This comforting soup is based on a simple roux-based sauce, so it is vital to use very good stock to make it really sing. It makes an excellent light lunch.

SERVES 6
PREP 15 MIN
COOK 10 MIN
FREEZE UP TO 2 MONTHS

3½ tbsp (50g) butter
¼ cup (35g) flour
3¼ cups (750ml) hot vegetable or fish stock
1 cup (250ml) heavy cream
4 tbsp white wine
2–3 tsp Worcestershire sauce
salt and freshly ground black pepper
squeeze of lemon juice
13oz (375g) smoked trout fillets, skinned and flaked
2 tbsp chopped parsley

1 Over low heat, melt the butter in a large saucepan, stir in the flour, and mix until smooth. Cook for 2–3 minutes, stirring constantly. Gradually pour in the hot stock, whisking vigorously to make sure there are no lumps. Bring to a boil and then cook, uncovered, over low heat for about 3 minutes, stirring occasionally.

2 Add the cream, white wine, Worcestershire sauce, salt, pepper, and a little lemon juice, then bring to a boil again. Add the fish pieces and briefly heat them through. Sprinkle the soup with parsley and serve.

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RECIPE BY

CAROLYN HUMPHRIES

MISO SOUP WITH TUNA

Make sure you don't boil the soup after adding the miso paste, as it spoils the flavor. You'll find wakame (dried seaweed) and miso in large supermarkets.

SERVES 4
PREP 25 MIN
COOK 15 MIN
FREEZE NOT SUITABLE

4in (10cm) piece wakame
2 tbsp dried shiitake mushrooms
2 scallions, chopped
1 tsp grated fresh ginger
1 long thin carrot, thinly sliced
2 cups chicken stock
7oz (200g) fresh tuna steak, diced
2 tbsp miso paste
soy sauce, to season
1 tbsp snipped chives

1 Put the wakame and mushrooms in a bowl and cover with cold water. Soak for 15 minutes. Drain, reserving the liquid. Lift out the wakame, remove any hard central ribs, and cut into strips.

2 Put the wakame, mushrooms, scallions, ginger, and carrot into a saucepan. Combine 1 ¼ cups of the soaking water with the stock and add to the

saucepan. Bring to a boil, reduce the heat, cover, and simmer for 10 minutes until the carrot is just tender.

3 Add the tuna and cook for another 5 minutes. In a small bowl, blend the miso paste with 2 tbsp water and stir into the soup. Season to taste with soy sauce. Heat through but do not boil. Ladle into warm soup cups and sprinkle with snipped chives.

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RECIPE BY

ROOPA GULATI

KERALAN SHRIMP SOUP

This fragrant soup takes the best ingredients from a cottage garden in the southern Indian state of Kerala. If you are using dried curry leaves, add them with the stock.

SERVES 4–6
PREP 20 MIN
COOK 40 MIN
FREEZE NOT SUITABLE

1 tsp black peppercorns
¾ tsp mustard seeds
2 tsp coriander seeds
½ tsp fenugreek seeds
2–3 large red chiles, coarsely chopped
4 garlic cloves, chopped
2in (5cm) piece fresh ginger, chopped
4 tbsp hot water
2–3 tbsp vegetable oil
small handful of fresh curry leaves
2 onions, finely chopped
3¼ cups (750ml) fish stock

1 cup (250ml) coconut milk
9oz (250g) raw jumbo shrimp, peeled and deveined
1 tbsp coconut cream
2 tbsp fresh cilantro, chopped
juice of 1 lime, to taste

1 Heat a sturdy frying pan over low heat. Dry-roast the peppercorns, mustard, coriander, and fenugreek seeds for about 30 seconds, until they give off a spicy aroma and the mustard seeds start to pop. Grind the spices to a powder using a mortar and pestle, and set aside.

2 Put the chiles in a small food processor with the garlic and ginger. (If you like a milder flavor, use just 2 chiles and remove the seeds.) Pour in the hot water and process to a paste. Set aside.

3 Heat the oil in a wok or saucepan. When hot, toss in the curry leaves and cook for 20 seconds. Be careful; curry leaves spit when added to hot oil. Add the onions, cover, and soften for 10 minutes, stirring occasionally.

4 Stir in the chile, garlic, and ginger paste and cook for 2–3 minutes, until the water evaporates. Add the ground spice mixture and cook for another 30 seconds, stirring all the time. Pour in the stock and simmer for 20 minutes or until reduced by one-third. Stir in the coconut milk and reheat before adding the shrimp and cooking for another 4–5 minutes. Add the coconut cream and finish with the cilantro and enough lime juice to sharpen.

KERALAN SHRIMP SOUP

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RECIPE BY

SHAUN HILL

SHRIMP AND SEA BASS SOUP

This clear seafood soup uses dashi—a Japanese tuna- and seaweed-based fish stock—as its base. For those avoiding gluten in their diet, tamari may be used instead of soy sauce.

SERVES 4
PREP 10 MIN
COOK 5 MIN
FREEZE NOT SUITABLE

3½oz (100g) spinach, blanched
1 quart (1 liter) dashi
3½oz (100g) sea bass fillet, cut into 4 pieces
4 raw jumbo shrimp or large prawns, peeled and deveined
1 tsp soy sauce or tamari
½ small red chile
1 scallion, chopped
1 tbsp arrowroot
few drops lemon juice

1 Squeeze as much water as possible out of the blanched spinach, then cut into strips and set aside.

2 Bring the dashi to a boil in a saucepan and add the cubed fish and the jumbo shrimp or prawns. Cook for 2–3 minutes, then add the soy sauce, chile, and scallion.

3 Whisk the arrowroot with 1 tbsp cold water in a bowl and stir into the soup. Bring to a boil and then remove the chile. Add the lemon juice and spinach and serve.

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RECIPE BY

SOPHIE GRIGSON

SHRIMP, CHICKEN, COCONUT, AND LEMONGRASS SOUP

This lively, aromatic soup can be made in a jiffy, if you use canned coconut milk and have a handy supply of chicken stock. It is filling enough to be a lunch in itself.

SERVES 4–6
PREP 10 MIN
COOK 15 MIN
FREEZE NOT SUITABLE

3½ cups (800ml) coconut milk
1¼ cups (300ml) chicken stock
12oz (350g) chicken, cut into slivers
3 stalks lemongrass, heavily bruised
½in (1.5cm) piece galangal or ginger, cut into thin matchsticks
8oz (225g) raw jumbo shrimp or large prawns, peeled and deveined
1 red chile, seeded and diced
5 scallions, sliced
juice of 1–2 limes
3 tbsp coarsely chopped cilantro
3 tbsp Asian fish sauce

1 Put the coconut milk and stock into a pan. Bring to a boil. Add the chicken, lemongrass, and galangal or ginger and lower the heat to a gentle simmer.

Cook for 10 minutes, uncovered.

2 Add the shrimp or prawns and cook for another 2–3 minutes, then add all the remaining ingredients. Remove the lemongrass and discard. Taste and add more lime juice or fish sauce, if needed, then serve.

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LOBSTER BISQUE

The name “bisque” refers to a rich and luxurious shellfish soup with cream and brandy and is thought to have come from the Spanish Biscay region.

SERVES 4
PREP 45 MIN
COOK 1 HR 10 MIN
FREEZE UP TO 3 MONTHS

1 lobster, cooked, about 2¼lb (1kg) in weight
3½ tbsp (50g) butter
1 onion, finely chopped
1 carrot, finely chopped
2 celery ribs, finely chopped
1 leek, finely chopped
½ fennel bulb, finely chopped
1 bay leaf
1 sprig of tarragon
2 garlic cloves, crushed
2½oz (75g) tomato paste
4 tomatoes, coarsely chopped
½ cup (120ml) Cognac or brandy

½ cup (100ml) dry white wine or vermouth
1¾ quarts (1¾ liters) fish stock
½ cup (120ml) heavy whipping cream
salt and freshly ground black pepper
pinch of cayenne
juice of ½ lemon
chives, to garnish

1 Split the lobster in half and remove the vein that runs along it. Remove the meat from the body, and chop the meat into small pieces. Twist off the claws and legs, break at the joints, and remove the meat, then crack all the shells with the back of a knife. Chop the shells into coarse pieces and put the meat into the refrigerator.

2 Melt the butter in a large pan over medium heat, add the vegetables, herbs, and garlic, and cook for 10 minutes, or until softened, stirring occasionally. Add the lobster shells. Stir in the tomato paste, tomatoes, Cognac, white wine, and fish stock. Bring to a boil and simmer for 1 hour.

3 Let cool slightly, then ladle into a food processor. Process in short bursts, until the shell breaks into very small pieces. Strain through a coarse sieve, pushing through as much as you can, then pass it again through a fine sieve before returning to the heat.

4 Bring to a boil, add the reserved lobster meat and the cream, then season to taste, adding the cayenne and lemon. Serve in warm bowls, garnished with chives.

LOBSTER BISQUE

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RECIPE BY

CAROLYN HUMPHRIES

BRANDIED LOBSTER CHOWDER

Serve this rich soup with some nutty rye bread and chilled unsalted butter. If you like, you can use crab for a less expensive alternative to the lobster.

SERVES 4
PREP 20 MIN
COOK 1 HR
FREEZE UP TO 2 MONTHS
WITHOUT HALF-AND-HALF AND SNOW PEAS

1 small cooked lobster
3½ cups (850ml) water
⅔ cup (150ml) dry white wine
1 bay leaf
1–2 tbsp unsalted butter
2 shallots, finely chopped
4 tbsp brandy
1 large tomato, peeled and diced
2 tsp anchovy essence
4 large new potatoes, peeled and diced
8 baby corn, cut in short lengths
salt and freshly ground pepper
2oz (60g) snow peas, cut in short lengths
5 tbsp light cream
4 thick slices lemon
4 sprigs of parsley

1 Twist the legs and claws off the lobster. Split the body lengthwise and remove the vein that runs along it. Remove the tail meat, cut in small pieces, and reserve. Crack the large claws, remove the meat, dice, and reserve. Keep all other meat in the shell. Coarsely chop it and put it in a saucepan with the claws and legs. Add the water, wine, and bay leaf. Bring to a boil, reduce the heat, cover, and simmer for 30 minutes. Strain and reserve the stock.

2 Melt the butter in another large saucepan over low heat. Add the shallots and cook gently, stirring for 1 minute. Add the brandy, ignite, and shake the pan until the flames subside. Add the tomato, anchovy essence, potatoes, and corn. Return the stock to the pan. Season and bring to a boil. Reduce the heat, cover, and simmer gently for 20 minutes until the potatoes are really tender.

3 Meanwhile, blanch the snow peas in a little boiling water for 2 minutes until just tender. Drain, rinse with cold water, and drain again. Then add to the soup along with the cream and lobster meat. Taste and season again. Reheat the soup but do not boil it. Ladle into deep soup cups. Serve with a slice of lemon and a small sprig of parsley in each bowl.

RECIPE BY

SOPHIE GRIGSON

HENNINGSVÆR FISH SOUP

Henningsvær is a picturesque little port town in Norway's Lofoten Islands, and this soup is the speciality of a small restaurant there.

SERVES 6–8
PREP 15 MIN
COOK 45 MIN
FREEZE NOT SUITABLE

1 ½ quarts (1 ½ liters) fish stock
12oz (350g) cod fillet
4 tbsp (60g) butter
1 onion, finely chopped
1 large carrot, finely chopped
1 large leek, finely chopped
2 tsp superfine sugar
2 tbsp white wine vinegar
salt and freshly ground black pepper
1 ¼ cups (300ml) crème fraîche
chopped parsley, to serve

1 Bring the stock to a boil. Add the cod, bring gently back to a boil, then remove from the heat. When cool enough to handle, lift out the cod and flake, discarding skin and stray bones. Set aside the fish and stock.

2 Melt the butter in a large pan and add the vegetables. Stir to coat, then cover the pan, reduce the heat to very low, and let cook for 20 minutes, stirring once or twice. Add the stock, sugar, and vinegar, season with salt and

pepper, and bring to a boil. Simmer for 10 minutes. Stir in the crème fraîche and flaked fish. Taste and adjust the seasoning, then reheat gently without boiling. Serve immediately, sprinkled with the parsley.

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RECIPE BY

ROOPA GULATI

PINEAPPLE BROTH WITH COD

This combination of South Indian and South East Asian flavors is a marvelous match for any firm-fleshed fish or seafood. Shrimp is a good alternative to cod.

SERVES 4
PREP 30 MIN
COOK 40 MIN
FREEZE UP TO 2 MONTHS

1 onion, diced
1¾oz (50g) raw peanuts, skinned
2 tbsp shredded coconut
1¼in (3cm) piece of ginger, chopped
1 tsp coriander seeds
2 tsp sesame seeds
1 tsp cumin seeds
1 tsp poppy seeds
3 tbsp tamarind pulp
½ tsp turmeric
¾ tsp chili powder
salt and freshly ground black pepper
2 tbsp vegetable oil
1 tsp palm sugar
1¾ cups (400ml) fish stock
1 cup (200ml) pineapple juice
1¾ cups (400ml) coconut milk

8oz (200g) fresh cod, chopped
juice of 1 lime
4½oz (125g) fresh pineapple pieces, chopped
2 tbsp mint leaves, coarsely torn
2 tbsp raw peanuts, dry-roasted and chopped

1 Heat a cast-iron pan. Add the onion, peanuts, coconut, ginger, and all the seeds. Stir over low heat until the coconut darkens and spices turn aromatic, about 5 minutes. Transfer to a bowl to cool, then place in a food processor and process to a coarse paste. Add the tamarind pulp, turmeric, chili powder, and salt and pepper, and process to a smooth paste.

2 Heat the vegetable oil in a large saucepan and cook the paste for about 10 minutes over low heat. Stir in the sugar and continue cooking until the paste begins to stick to the bottom of the pan. Pour in the stock and pineapple juice and simmer, partially covered, for 20 minutes.

3 Remove the soup from the heat and process in a blender until smooth. You might need to do this in batches. Stir in the coconut milk and return the pan to the heat. Once it begins to bubble, add the fish and simmer for 3 minutes. Stir in the lime juice and stir in the pineapple pieces and mint leaves. Ladle into bowls and scatter the peanuts over the top.

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RECIPE BY

MARIE-PIERRE MOINE

WATERZOOI (FLEMISH STEW)

Replace the mussels with shell-on shrimp in this Flemish soup if you prefer; peel, and add the empty shells to the reduced stock for 3 minutes before straining.

SERVES 4
PREP 20 MIN
COOK 30 MIN
FREEZE NOT SUITABLE

1 large waxy potato, peeled
1 large carrot, peeled
1 medium-large zucchini
1 bunch asparagus
10oz (300g) monkfish
1 sole, filleted and skinned
2½ cups (600ml) chicken or fish stock
½ cup (100ml) dry white wine
3 large scallions, finely chopped
1lb 2oz (500g) mussels, rinsed, scrubbed, and debearded
½ cup (100ml) heavy cream
salt and freshly ground black pepper
1 tbsp finely chopped tarragon, to serve

1 Cut the potato and carrot in ½ x 2in (1 x 5cm) batons. Slice the zucchini into diagonal pieces. Cut off the asparagus tips, then chop the spears into 2in

(5cm) lengths. Cut the monkfish into 1½in (4cm) chunks and cut each sole fillet crosswise in half. Set the vegetables and fish aside separately.

2 Place the stock, wine, and scallions (reserving a few to serve) in a heavy saucepan. Bring to a boil over medium heat. Add the potato, reduce the heat to a simmer, and cook for 5 minutes, then add the carrot and cook for 5 minutes. Add the zucchini and asparagus and cook for 1–2 minutes, or until all is *al dente*. Remove the vegetables and set aside.

3 Bring the stock to a boil over high heat and reduce by a third. Reduce the heat to a simmer, add the mussels, cover and cook for 3–4 minutes. Strain through a muslin-lined sieve into a bowl, let cool briefly, then discard any mussels that haven't opened. Shell the rest and set aside. Return the stock to the pan and simmer over medium heat, then stir in the cream and season to taste with salt and pepper. Add the monkfish, cook for 2–3 minutes, then the sole for 1 minute, then the vegetables and mussels for a final 2 minutes.

4 Using a slotted spoon, distribute the vegetables between the bowls. Place the fish on top, ladle over the broth, and scatter with mussels. Sprinkle with chopped tarragon and the reserved scallion. Serve hot.

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FISH SOUP WITH FENNEL

This rustic, Mediterranean-style fish soup—robustly flavored with brandy, orange, and fennel—is simple to prepare and sure to please.

SERVES 4–6
PREP 10 MIN
COOK 1 HR
FREEZE NOT SUITABLE

2 tbsp (30g) butter
3 tbsp olive oil
1 large fennel bulb, finely chopped
2 garlic cloves, crushed
1 small leek, sliced
4 ripe plum tomatoes, chopped
3 tbsp brandy
1/4 tsp saffron threads, infused in a little hot water
zest of 1/2 orange
1 bay leaf
1 3/4 quarts (1 3/4 liters) fish stock
10oz (300g) potatoes, diced and parboiled for 5 minutes
4 tbsp dry white wine
1lb 2oz (500g) fresh black mussels, scrubbed and debearded
salt and freshly ground black pepper

1lb 2oz (500g) monkfish or other firm white fish, cut into bite-size pieces
6 raw whole tiger prawns
parsley, chopped, to garnish

1 Heat the butter with 2 tbsp of the oil in a large, deep pan. Stir in the fennel, garlic, and leek, and cook over medium heat, stirring occasionally, for 5 minutes, or until softened and lightly browned.

2 Stir in the tomatoes, add the brandy, and cook rapidly for 2 minutes, or until the juices are reduced slightly. Stir in the saffron, orange zest, bay leaf, fish stock, and potatoes. Bring to a boil, then reduce the heat and skim off any foam from the surface. Cover and simmer for 20 minutes, or until the potatoes are tender. Remove the bay leaf.

3 Meanwhile, heat the remaining oil with the wine in a large, deep pan until boiling. Add the mussels, cover, and continue on high heat for 2–3 minutes, shaking the pan often. Discard any mussels that do not open. Strain, reserving the liquid, and set the mussels aside. Add the liquid to the soup and season to taste. Bring to a boil, add the monkfish and prawns, then reduce the heat, cover, and simmer gently for 5 minutes, or until the fish is just cooked and the prawns are pink. Add the mussels to the pan and bring almost to a boil. Serve the soup sprinkled with chopped parsley.

FISH SOUP WITH FENNEL

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BÜSUMER FISH SOUP

A German soup, from the region of Schleswig-Holstein on the North Sea coast. You can use any white fish, so choose whatever is freshest.

SERVES 6–8
PREP 15 MIN
COOK 20 MIN
FREEZE NOT SUITABLE

2 large carrots, chopped
1 large potato, peeled and diced
1 large onion, diced
1 quart (1 liter) hot vegetable stock
1 bay leaf
salt and freshly ground black pepper
juice of 1 lemon
1lb 2oz (500g) white fish fillets, such as haddock, cleaned and cubed
7oz (200g) button or cremini mushrooms, sliced
3½oz (100g) raw jumbo shrimp, peeled and deveined
½ cup (120ml) heavy cream
½ bunch of dill, chopped

1 Put the carrots, potato, and onion into a saucepan, add the hot stock and bay leaf, and bring to a boil. Reduce the heat and simmer for 10 minutes.

2 Sprinkle a little salt and pepper and half the lemon juice over the fish pieces, then add these to the stock along with the mushrooms and simmer for another 5 minutes over low heat.

3 Add the shrimp to the pan along with the remaining lemon juice, and cook for 3 minutes, or until they turn pink. Remove the bay leaf and season with salt and pepper, to taste. Stir in the cream and half the dill and serve immediately, using the remaining dill to garnish.

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RECIPE BY

SHAUN HILL

NORTH SEA FISH SOUP

The seafood must be just-cooked, so cut dense fish in small pieces or add it earlier. Try red mullet, bass, haddock, cod, salmon, turbot, raw shrimp, or scallops.

SERVES 4
PREP 20 MIN
COOK 20 MIN
FREEZE NOT SUITABLE

1lb 2oz (500g) mixed fish fillets and shellfish
salt and freshly ground black pepper
1 tbsp lemon juice
2½ cups (600ml) fish or chicken stock
¼ cup (60ml) white wine
2 shallots, chopped
1 egg yolk
1 tbsp heavy cream
1 tomato, peeled, seeded, and chopped
1 tbsp chopped parsley
croutons, to serve

1 Skin the fish, if necessary, and cut into 1in (2.5cm) pieces. Season and add the lemon juice. Bring the stock, white wine, and shallots to a boil in a large saucepan.

2 Add the fish in the order it takes to cook depending on which you are using: red mullet or bass first, 2 minutes later the turbot, if using, followed by any

haddock, cod, or salmon and, finally, shrimp or scallops. Simmer uncovered until all the fish is just cooked.

3 Stir the egg yolk and cream together in a bowl. Remove the soup from the heat, stir in the egg mixture, then add the tomato and parsley. Serve with croutons.

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BOUILLABAISSE

Originally nothing more than a humble fisherman's soup using the remains of the day's catch, bouillabaisse has evolved into one of the great Provençal dishes.

SERVES 4
PREP 20 MIN
COOK 45 MIN
FREEZE NOT SUITABLE

4 tbsp olive oil
1 onion, thinly sliced
2 leeks, thinly sliced
1 small fennel bulb, thinly sliced
2–3 garlic cloves, finely chopped
4 tomatoes, peeled, seeded, and chopped
1 tbsp tomato paste
1 cup (250ml) dry white wine
1 ½ quarts (1 ½ liters) fish or chicken stock
pinch of saffron threads
strip of orange zest
1 bouquet garni
salt and freshly ground black pepper

3lb (1.35kg) mixed white and oily fish and shellfish, such as monkfish, red mullet, shrimp, and mussels, heads and bones removed
2 tbsp Pernod
8 croûtes, to serve

FOR THE ROUILLE
4 1/4oz (125g) mayonnaise
1 bird's eye chile, seeded and coarsely chopped
4 garlic cloves, coarsely chopped
1 tbsp tomato paste
1/2 tsp salt

1 Heat the oil in a large pan over medium heat. Add the onion, leeks, fennel, and garlic and cook, stirring, for 5–8 minutes, or until the vegetables are soft but not colored. Stir in the tomatoes, tomato paste, and wine.

2 Add the stock, saffron, zest, and bouquet garni. Season with salt and pepper, and bring to a boil. Reduce the heat, partially cover, and simmer for 30 minutes, stirring occasionally. Meanwhile, process the rouille ingredients in a blender until smooth. Transfer to a bowl, cover, and chill until required.

3 Just before the liquid finishes simmering, cut the fish into chunks. Remove the zest and bouquet garni and add the firm fish. Reduce the heat to low and simmer for 5 minutes. Add the delicate fish and simmer for 2–3 minutes, or until it is cooked through and flakes easily. Stir in the Pernod and season to taste. To serve, spread the croûtes with rouille and place 2 in the bottom of each bowl. Ladle the soup on top.

BOUILLABAISSE

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RECIPE BY

MARIE-PIERRE MOINE

SOUPE DE POISSONS

This flavorful soup needs no accompaniment, but croûtes rubbed with garlic, spread with rouille (see Bouillabaisse), or topped with Gruyère cheese are a welcome addition.

SERVES 6
PREP 20 MIN
COOK 1 HR
FREEZE UP TO 2 MONTHS

5 tbsp olive oil
4 medium onions, chopped
2 leeks, chopped
3lb 3oz–4½lb (1½–2kg) mixed fish and seafood
4 pieces dried fennel stalks, 2in (5cm) long
4 medium, ripe tomatoes, quartered
9 garlic cloves, crushed
5 sprigs of fresh flat-leaf parsley
3 bay leaves
6in (15cm) strip dried orange peel
1 tbsp tomato paste

salt and freshly ground black pepper
2½ quarts (2½ liters) hot water
pinch of saffron threads
6 croûtes, to serve

1 Put the oil in a large, heavy saucepan. Add the onions and leeks and soften over medium heat until just golden.

2 Gut the larger fish, and rinse all the fish and seafood. Add to the pan and stir, then add the fennel, tomatoes, garlic, parsley, bay leaves, orange peel, and tomato paste. Stir and cook for 8–10 minutes until the fish is just beginning to flake when pierced with a fork. Pour in the hot water and season lightly with salt and pepper. Reduce the heat and simmer gently for 20 minutes.

3 Remove from the heat. Let cool a little, stirring and mashing down the soft fish pieces with the back of a large wooden spoon. Remove the fennel, orange peel, and bay leaves. If you like, process the soup to a coarse puree in a blender. Push the soup through a chinois strainer or a very fine sieve into a clean saucepan. Return the soup to a simmer over medium heat.

4 Soften the saffron in a ladleful of the soup, then stir into the rest of the soup in the pan. Adjust the seasoning. Ladle the soup into bowls. Serve hot, with croûtes.

SOUPE DE POISSONS

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RECIPE BY

MARIE-PIERRE MOINE

COTRIADE (FISH STEW)

This soup was originally a way to use the leftover catch of the day in Brittany. Try it with haddock, smoked haddock, pollock, or cod.

SERVES 4
PREP 20 MIN
COOK 30 MIN
FREEZE NOT SUITABLE

2 large starchy potatoes, peeled
2 tbsp peanut, sunflower, or mild olive oil
2 tbsp (30g) butter
2 Spanish onions, coarsely chopped
1 quart (1 liter) light fish stock
3 sprigs of thyme
3 bay leaves
3 sprigs of flat-leaf parsley
sea salt and freshly ground black pepper
1¾lb (800g) mixed fish, skinned and cut into large chunks
4 thick slices country bread, to serve

FOR THE DRESSING
5–6 tbsp peanut, sunflower, or mild olive oil
½ tsp Dijon mustard
sea salt and freshly ground black pepper
1 tbsp white wine or cider vinegar
2 tbsp finely chopped parsley

1 Cut the potatoes into quarters and set aside. Heat the oil and butter in a large, heavy sauté pan over medium heat. Add the onions and soften until just

golden, stirring frequently. Add the stock, then add in the potatoes and herbs. Season lightly with salt and pepper, stir, cover, and cook for 12–15 minutes or until the potatoes are almost cooked.

2 Place the fish in the pan and season lightly. Gently stir, then cook for 7–10 minutes, or until the fish just starts to flake when pierced with a fork. Meanwhile, make the dressing. In a small bowl, mix together the oil and mustard. Season with salt and pepper, then whisk in the vinegar until emulsified. Stir in the parsley.

3 Remove the soup from the heat and adjust the seasoning. Remove the herbs. Put the bread in 4 warm bowls and moisten with a little dressing. Ladle the soup over the top and drizzle on the remaining dressing. Serve hot.

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RECIPE BY

ROOPA GULATI

SPICY CHICKEN AND SPINACH SOUP

Here, the astringent bite of green chiles and ginger is tempered by the subtlety of herbs and delicate spinach leaves. Add a dollop of cream just before serving.

SERVES 4
PREP 12 MIN
PLUS 90 MIN MARINATING
COOK 40 MIN
FREEZE UP TO 2 MONTHS
BEFORE CUMIN SEEDS ARE ADDED

FOR THE CHICKEN
2 garlic cloves, finely chopped
1 ¼in (3cm) piece of ginger, peeled and finely chopped
¾ tsp garam masala
juice of 2 limes
3 tbsp Greek yogurt
salt to season
2 boneless chicken thighs, without skin
1 tbsp vegetable oil

FOR THE SOUP
3 tbsp vegetable oil
1 onion, finely chopped
2 green chiles, seeded and finely chopped
1 garlic clove, finely chopped
2 tbsp ground almonds

1 quart (1 liter) hot chicken stock
1 ¼in (3cm) piece of ginger, peeled
1lb 2oz (500g) baby spinach leaves
large handful cilantro
handful mint leaves
1 tsp sugar
salt and freshly ground black pepper
1 tsp roasted and ground cumin seeds, to garnish

1 To make the chicken, mix the garlic, ginger, and garam masala with the lime juice, yogurt, and salt. Add the chicken and coat. After 1–2 hours, heat the vegetable oil in a pan. Drain any excess yogurt off the chicken and cook for 5–7 minutes on each side. Cool, then cut into small pieces. Pour any cooking juices over the chicken and set aside.

2 To make the soup, heat the oil in a large saucepan over low heat. Add the onions, chiles, and garlic and cover. Cook for about 10 minutes, stirring occasionally. Add the ground almonds and cook for another minute, stirring. Add the chicken stock and ginger. Season well and simmer for 10 minutes.

3 Bring to a boil and add the spinach. When it wilts, add the herbs and sugar. Turn the heat off and remove the ginger. Blend until smooth. Pour the soup into a clean pan. Add the chicken and reheat gently. Check the seasoning and serve sprinkled with roasted ground cumin seeds.

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RECIPE BY

SOPHIE GRIGSON

HARIRA

This Moroccan bean and lentil soup is a meal in a bowl often served for breakfast during Ramadan, to keep people going right through a day of fasting.

SERVES 6–8
PREP 15 MIN
COOK 1 HR 5 MIN
FREEZE UP TO 3 MONTHS

1 large onion, chopped
2 tbsp olive oil
10oz–1lb 2oz (300–500g) shoulder of lamb on the bone
1 tsp ground ginger
1 tsp ground cinnamon
leaves of 1 small bunch parsley, finely chopped
leaves of 1 small bunch cilantro, finely chopped
5½oz (150g) brown lentils, rinsed
14½oz (400g) can diced tomatoes
2 tbsp tomato paste
salt and freshly ground black pepper
1¾ quarts (1¾ liters) water
3½oz (100g) vermicelli noodles
14oz (400g) canned chickpeas, drained

3 tbsp (30g) all-purpose flour
lemon wedges, to serve

1 Cook the onion gently in the oil until translucent. While it cooks, cut the meat from the lamb bones into 1 ¼in (3cm) cubes. Reserve the bones.

2 Once the onions are tender, stir in the ginger, cinnamon, half the parsley, and half the cilantro, then add the lamb chunks and bone and turn to coat evenly. Now add the lentils, tomatoes, and tomato paste and season with salt and black pepper. Mix well and simmer for a few minutes, then add the water. Let simmer for 45 minutes, then remove the lamb bones and add the vermicelli and chickpeas.

3 Put the flour in a small bowl with a ladleful of the cooking liquid and stir to make a smooth paste the consistency of thick cream, adding more liquid if needed. Stir this back into the soup and simmer for another 3–4 minutes until it has thickened and the vermicelli is cooked.

4 Just before serving, stir in the remaining herbs, and adjust the seasoning. Serve with wedges of lemon.

HARIRA

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RECIPE BY

ROOPA GULATI

SPICED LAMB BROTH

This broth is served with a puff-pastry lid on each bowl. As you break the lid, the spicy aroma is unleashed. The broth itself is best if you make it the day before.

SERVES 4
PREP 30 MIN
COOK 2 HR 30 MIN
FREEZE UP TO 3 MONTHS WITHOUT THE PASTRY LID

1½ quarts (1½ liters) chicken stock
12oz (350g) lamb shank
9oz (250g) lamb neck fillet, cut into 1¾in (4cm) pieces
2 onions, coarsely chopped
2in (5cm) piece of ginger, peeled and chopped
5 garlic cloves, halved
1 tsp cumin seeds, dry-roasted
½ tsp cloves
2 bay leaves
2in (5cm) cinnamon stick
8 green cardamoms, crushed
1 large brown cardamom, crushed
¼ tsp black peppercorns

1 blade mace
sea salt
1 tbsp vegetable oil
9oz (250g) button mushrooms, sliced
1 green chile, seeded and shredded
13oz (375g) ready-to-use puff pastry
1 egg, beaten

1 Pour the stock into a large pan with the lamb, onions, ginger, garlic, and spices. Season with salt and bring to a boil. Partially cover, then simmer for 2 hours or until the meat is tender and the broth reduced by one-third. Cool, then remove the lamb with a slotted spoon and cut into small pieces.

2 Strain the broth through a sieve into a clean pan, pressing the ingredients against the sides of the sieve to extract maximum flavor. Bring to a fast boil and season with salt. Meanwhile, heat the oil in a frying pan and cook the mushrooms and chile for 5 minutes or until just starting to color. Add to the broth, along with the lamb. If you're working a day ahead, set aside to cool, then chill in the refrigerator. Remove the fat from the surface the next day.

3 Preheat the oven to 425°F (220°C). Almost fill four ovenproof bowls with broth. Cut four circles—about 1in (2.5cm) wider than the bowls—from the pastry. Brush the lip and edge of the bowls with egg and cover with the pastry lids. Each should have an overhang—press this down the sides of the bowl to seal. Brush the top and sides of the lid with egg, make a small hole in the top of each one, and bake for 15–20 minutes, or until golden and crisp.

SPICED LAMB BROTH

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RECIPE BY

MARIE-PIERRE MOINE

LAMB BROTH

This light version of Irish stew has a richly aromatic broth. Lamb's neck—good value and meaty, with just enough flavorful fat—is best for this soup.

SERVES 4
PREP 20 MIN
COOK 1 HR 45 MIN
FREEZE UP TO 3 MONTHS

6 neck of lamb cutlets
water
1 celery rib, including leaves, cut into chunks
1 parsnip, cut into chunks
1 large carrot, cut into chunks
1 large starchy potato, peeled and chopped
3 large scallions, chopped
3 large sprigs of flat-leaf parsley plus 2 tbsp finely chopped parsley, to finish
sea salt and freshly ground black pepper
1 small green cabbage, cored, leaves shredded
a few allspice berries
a few black peppercorns
Irish soda bread, heated in a low oven, to serve

1 Put the lamb in a large saucepan or stockpot. Cover it with cold water to 2in (5cm) above the meat. Add the celery, parsnip, carrot, potato, scallions, and 3 sprigs of parsley. Season with salt and pepper. Bring to a boil over medium heat, reduce the heat, partially cover, and simmer gently for about 1

hour. Remove any foam that forms at the top with a slotted spoon. Remove from the heat. Lift out the meat and set aside until cool enough to handle. Separate the meat from the bones, reserving the meat.

2 Skim any surface fat from the broth. Lift out and discard the parsley sprigs. Add the meat, cabbage, allspice berries, and peppercorns. Cover and return to a simmer over low heat for about 5 minutes. Taste, season if required and stir in the chopped parsley. Serve very hot with warm Irish soda bread.

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PICHELSTEINER

Thick and hearty, this German meat and vegetable soup is as filling as a stew. It is versatile enough to work with pork or beef instead of lamb.

SERVES 6
PREP 20 MIN
COOK 1 HR 10 MIN
FREEZE UP TO 3 MONTHS
BEFORE CABBAGE IS ADDED

2 tbsp sunflower oil
1lb 2oz (500g) lamb from shoulder or neck, cut into ¾in (2cm) cubes
salt and freshly ground black pepper
2 onions, halved and sliced
pinch of dried marjoram
pinch of dried lovage or thyme
1½ quarts (1½ liters) vegetable stock
2 medium carrots, diced
1 leek, diced
2 medium potatoes, peeled and diced
½ Savoy cabbage, finely shredded
2 tbsp chopped fresh parsley

1 Heat the oil in a large pan, season the cubed meat with salt and pepper, and add half the meat to the hot oil. Brown the meat lightly, stirring continuously. Remove from the pan and repeat with the rest of the meat. Remove the meat from the pan, add the onions, and cook for 2–3 minutes or until softened slightly.

2 Transfer the browned meat back to the pan and add the marjoram, lovage or thyme, and more black pepper. Add the stock, bring to a boil, cover, and cook over medium heat for about 40 minutes.

3 When the meat is tender, add the carrots, leek, and potatoes. Bring to a boil, season with salt and pepper to taste, cover, and cook for another 15 minutes. Add the shredded cabbage and cook for 5 minutes, or until just tender. Sprinkle with parsley before serving.

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SUMMER

SEASON'S BEST

The warm days of summer are a time of abundance and bounty. Tomatoes, zucchini, fennel, artichokes, and beans are all plentiful in summer, and this chapter is full of recipes to take advantage of the season's generosity. A refreshing delicate gazpacho or cucumber and dill soup makes the most of ingredients that don't even need cooking; fresh sorrel, lovage, or watercress can be whipped into delicious creamy soups; and even fresh fruit comes into play, with tangy chilled melon and ginger soup and an eye-catching cherry soup.

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RECIPE BY

CELIA BROOKS BROWN

EDAMAME NOODLE SOUP

Edamame, or fresh soy beans, are widely available as frozen whole pods from Asian supermarkets—thaw them slightly before using.

SERVES 4
PREP 10 MIN
COOK 10 MIN
FREEZE NOT SUITABLE

1lb 2oz (500g) edamame in the pod or 8oz (225g) shelled weight
1 quart (1 liter) water
4 tbsp white miso paste
14oz (400g) cooked udon noodles
1 tbsp light brown sugar, or to taste
juice of 1 lemon

FOR THE HOT GARLIC OIL
1 small hot red chile, snipped
1 clove garlic
½ tsp coarse sea salt
2 tbsp sesame oil

1 Remove the edamame from the pod, if necessary, and set aside. Bring the water to a boil in a large pot. Meanwhile, make the hot garlic oil. With a mortar and pestle, pound the chile, garlic, and salt together until smooth, then stir in the sesame oil.

2 Place the miso in a small bowl and mix with 2–3 tbsp of boiling water from the pan, stirring until you have a pourable paste. Set aside. Add the edamame, noodles, and sugar to the boiling water and cook for 3 minutes, or until the edamame are tender but still bright green.

3 Turn off the heat and stir in the diluted miso paste, then add lemon juice to taste. Ladle into warm bowls and drizzle with the hot garlic oil before serving.

EDAMAME NOODLE SOUP

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RECIPE BY

MARIE-PIERRE MOINE

BABY FAVA BEAN SOUP

This soup is a perfect early summer appetizer. Try serving it topped with a splash of extra virgin olive oil and croutons.

SERVES 4–6
PREP 20 MIN
COOK 1 HR
FREEZE UP TO 3 MONTHS WITHOUT THE CROUTONS

3 slices slightly stale bread, for croutons
6 tbsp olive oil
3 large mild onions, sliced
1 leek, sliced
3lb 3oz (1.5kg) young fava beans, shelled
4 garlic cloves, crushed
a small handful of fresh chives, chopped
4 new potatoes, peeled and chopped
3 quarts (3 liters) water
salt and freshly ground black pepper
leaves from a bunch of fresh radishes

1 To make the croutons, cut the bread into ½in (1.5cm) cubes. Heat 3 tbsp oil in a large frying pan over fairly high heat. Add the bread cubes and spread them out. Fry for a minute, then stir and turn them over. Fry for another minute. Spread the croutons over a plate lined with paper towels. Pat with more paper towels to drain off excess oil. Set aside.

2 In a big stewing pot or fire-resistent casserole, heat the remaining oil over medium heat. Add the onions and leek. Soften for 10 minutes, stirring frequently.

3 Add the fava beans to the pot with the garlic, chives, and potatoes. Stir, then pour in about 3 quarts (3 liters) water. Season lightly with salt and pepper and stir in the radish leaves. Turn up the heat a little and bring to a boil, then let simmer gently for 15–20 minutes.

4 Let cool a little, then work through a food mill. Alternatively, process briefly in a blender, then press through a sieve. (If you prefer, you can omit the sieving, in which case the soup will serve 6–8 people.) Reheat until piping hot before serving, topped with the croutons.

BABY FAVA BEAN SOUP

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RECIPE BY

SOPHIE GRIGSON

FAVA BEAN AND MINT SOUP

This soup is a beautiful, cool, pale green, flecked with mint and bright, skinned beans. Do not reheat once you have mixed in the yogurt, as it may curdle.

SERVES 4
PREP 30 MIN
COOK 25 MIN
FREEZE UP TO 3 MONTHS
AT THE END OF STEP 2

1lb (450g) fava beans (shelled weight), thawed if frozen
2 tbsp (30g) butter
1 onion, chopped
1 rib celery, thinly sliced
2 tbsp short-grain rice
1 generous sprig summer savory or thyme
1 quart (1 liter) chicken or vegetable stock
salt and freshly ground black pepper
4oz (110g) Greek yogurt
handful of fresh mint leaves, chopped
4 small sprigs of mint, to serve
paprika or cayenne pepper, to serve

1 If the beans are fresh, drop them into a pot of boiling water and simmer for 1 minute. Drain and run under the cold tap. Then, whether using fresh or frozen, skin each bean by slitting the tough outer skin with a fingernail or a

small sharp knife and squeezing out the bright green bean inside. Take about one-eighth, chop coarsely, and set aside.

2 Over low heat in a covered pan, melt the butter and sweat the onion and celery gently for 10 minutes, or until very tender. Add the rice and savory or thyme and cook for another minute, uncovered. Now add the unchopped beans, 3¾ cups of the stock, salt, and pepper; bring to a boil and simmer for 10 minutes, or until the rice is tender. Remove the herbs then blend in batches, adding more stock if you want a looser consistency.

3 Shortly before serving, reheat thoroughly, then remove from the heat. Stir a tablespoonful of the yogurt into the reserved chopped beans and the mint. Mix in the remaining yogurt, a tablespoon at a time, until it is all added. Taste and adjust the seasoning and serve while still warm, floating a sprig of mint and a light dusting of paprika or cayenne on the surface of each bowl.

RECIPE BY

MARIE-PIERRE MOINE

POTAGE SAINT GERMAIN

If chervil isn't available, you can replace it with a few leaves of fresh mint to finish. You can also use frozen peas if fresh peas are out of season.

SERVES 4
PREP 15 MIN
COOK 1 HR
FREEZE UP TO 3 MONTHS
BEFORE MADEIRA IS ADDED

1 tbsp sunflower, peanut, or mild-flavored olive oil
1 tbsp (15g) butter, plus 2 tbsp (25g) chilled butter, diced
4 large scallions (white parts only), chopped
1½ quarts (1½ liters) hot chicken or vegetable stock
5½oz (150g) split green peas, rinsed and drained
sea salt and freshly ground black pepper
1lb 2oz (500g) fresh green peas (about 1¾lb/800g unshelled)
1 small head soft lettuce, leaves snipped
½ cup (100ml) water
1 large egg yolk
3 tbsp crème fraîche
1–2 tbsp Madeira or port
few sprigs of chervil

1 Heat a large sauté pan over medium heat. Add the oil and 1 tbsp butter, then stir in the scallions. Reduce the heat a little and cook for 5 minutes, stirring frequently. Pour the hot stock into the pan, and then add the split peas.

Season lightly with salt and pepper, and bring back to a simmer. Reduce the heat, cover, and cook for another 20 minutes, stirring occasionally.

2 Add the fresh peas and the lettuce, stir, and cook for 5 minutes. Let cool a little, then pour the contents of the pan into a blender or food processor and process until smooth. Push the soup back into the pan through a fine sieve, mashing the vegetables with the back of a spoon to extract as much as possible. Pour the water through the sieve to thin down the soup. Reheat gently over low heat.

3 In a cup or small bowl combine the egg yolk and the crème fraîche with 2–3 tablespoons of the hot soup. Whisk this into the pan a little at a time. Continue cooking until the soup is piping hot. Adjust the seasoning. Just before serving, stir in the Madeira or port. Whisk in the diced butter and sprinkle a little snipped chervil over the top.

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RECIPE BY

ROOPA GULATI

MINTED PEA AND HAM SOUP

Quick to make, this soup transforms everyday ingredients into a splendid light lunch. Frozen peas, with their natural sweetness, make a good match for the fresh mint.

SERVES 4–6
PREP 15 MIN
COOK 20–25 MIN
FREEZE UP TO 2 MONTHS
BEFORE CRÈME FRAÎCHE IS ADDED

2 tbsp (40g) butter
2 shallots, finely chopped
1 potato, peeled and chopped
1 1/4 cups (300ml) hot vegetable stock
1 3/4 cup (400ml) water
1lb (500g) frozen peas, defrosted
2 handfuls of fresh mint leaves, plus 2 tbsp extra for garnishing
5oz (150g) cooked ham, diced
salt and freshly ground black pepper
2–3 tbsp (150ml) crème fraîche, to serve

1 Melt the butter in a pot over low heat, and cook the shallots for 2–3 minutes until soft. Add the potato and continue cooking, covered, for another 7–10 minutes or until the potato is tender. Pour in the stock and simmer for 10–15 minutes.

2 In a separate pot, boil the water and cook the peas for 2–3 minutes. Add the mint leaves for the last 20 seconds of cooking. Pour though a sieve placed over a bowl, reserving the cooking liquid in the bowl. Add the peas and mint to the stock and process the soup using a blender until smooth, pouring in enough cooking liquid from the peas to loosen the consistency. Stir in the diced ham.

3 For the garnish, stretch a sheet of plastic wrap tightly over a dinner plate. Brush with olive oil and press the extra mint leaves onto the surface. Cover with another layer of plastic wrap and cook in the microwave for 2 minutes, until crisp. Reheat the soup, seasoning with salt and pepper to taste. Serve with a dollop of crème fraîche in the center, garnished with the dried mint leaves.

MINTED PEA AND HAM SOUP

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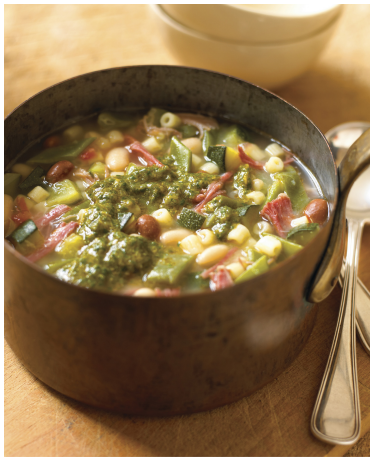

RECIPE BY

MARIE-PIERRE MOINE

PISTOU SOUP

This rustic soup owes its substance to the beans. Buy fresh beans when they are available in early summer—they are quicker to cook and easier to digest.

SERVES 6–8
PREP 30 MIN
COOK 1½ HR
FREEZE UP TO 3 MONTHS
WITHOUT THE PISTOU

FOR THE PISTOU
3 garlic cloves, smashed and peeled
coarse sea salt, to taste
leaves from a large handful of fresh basil
2 small tomatoes, peeled, seeded, and chopped
freshly ground black pepper
1oz (25g) Parmesan cheese, grated
3 tbsp olive oil

2 quarts (2 liters) cold water
1 ham hock, or a thick piece of smoked bacon, about 5½oz (150g)
7oz (200g) fresh white beans, such as cannellini, shelled
3½oz (100g) fresh red beans, such as borlotti, shelled

9oz (250g) flat green beans, sliced
2 medium starchy potatoes, diced
3 tomatoes, peeled, seeded, and chopped
4 medium zucchini, chopped
salt and freshly ground black pepper
3½oz (100g) small macaroni noodles

1 To make the pistou, pound the garlic in a large mortar and pestle, then add a little salt and the basil and pound to a paste. Add the tomatoes and continue pounding and mixing until you have a thick sauce. Season with pepper, then add the cheese and the oil, mixing well, and adjust the seasoning.

2 For the soup, put the water in a large stewing pot. Add the ham hock. Bring to a simmer, then partially cover and simmer gently for 30 minutes, skimming occasionally.

3 Meanwhile, put the white and red beans in a saucepan, cover with plenty of cold water, and bring to a boil. Simmer for 10 minutes, then drain and refresh. Add all the prepared beans and vegetables to the stewing pot. Season lightly. Return to a simmer, then partially cover and simmer for 1 hour, skimming occasionally.

4 Remove the ham hock and shred the meat. Remove half the ingredients out of the pan, mash with a fork, then return to the soup with the ham. Add the macaroni and cook until just tender. Stir in the pistou, and serve.

PISTOU SOUP

RECIPE BY

SARAH RAVEN

SWISS CHARD AND COCONUT SOUP

This is a wonderful sweet, earthy soup that can be enjoyed all year round. For the best flavor, serve it warm rather than piping hot.

SERVES 6
PREP 10 MIN
COOK 20 MIN
FREEZE UP TO 3 MONTHS

9oz (250g) Swiss chard (or spinach)
4½oz (125g) Red Giant mustard greens, kale, or more chard
2 medium onions, finely chopped
1 garlic clove, finely chopped
2 tbsp olive oil
3¼ cups (750ml) vegetable stock
2 x 13½oz (400ml) cans coconut milk
salt and freshly ground black pepper

1 Prepare the chard and Red Giant mustard or kale, stripping the green leaves from the stems and shredding it into ribbons.

2 Cook the onion and garlic gently in the oil for about 10 minutes, or until soft. Add the shredded greens, stock, and coconut milk and bring to a boil. Simmer for 10 minutes, then process everything together in a food processor or blender. Season to taste with salt and pepper and serve.

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RECIPE BY

MARIE-PIERRE MOINE

GLOBE ARTICHOKE SOUP

Nutmeg and saffron bring out the delicate, nutty taste of the artichoke in this recipe. Fresh is best, but canned or frozen artichoke hearts can also be used if need be—just remember to drain or defrost them first.

SERVES 4
PREP 20 MIN
COOK 20 MIN
FREEZE UP TO 3 MONTHS
WITHOUT THE CREAM

1 tbsp olive oil
2 tbsp (20g) butter
½ Spanish onion, finely chopped
1 shallot, finely chopped
1 clove garlic, crushed
¼ tsp ground nutmeg
a few saffron strands
1¾lb (800g) artichoke hearts, chopped
salt and freshly ground black pepper
1 quart (1 liter) boiling water
½ cup (100ml) light cream
4 pieces of bacon or pancetta
a large handful of baby spinach leaves, chopped

1 Heat a sauté pan over medium heat and add the oil and butter. Add in the onion, shallot, garlic, nutmeg, and saffron, and stir for 3 minutes. Add the

artichoke hearts and season lightly. Continue stirring and cooking for 3 minutes. Pour the boiling water into the sauté pan and stir to mix. Bring to a simmer. Reduce the heat, cover, and simmer for 10 minutes, or until the vegetables are tender and cooked through. Let cool for several minutes.

2 Pour the soup into a blender and process until smooth, then pour back into the pan. Reheat gently, stirring occasionally. Meanwhile, heat the cream until simmering in a small saucepan over medium heat.

3 Place a nonstick frying pan over medium-high heat. Once the pan is hot, add the bacon or pancetta. Sizzle for 2 minutes, until crisp and colored. Turn over with tongs and cook the other side until crisp. Drain on a plate lined with paper towels. Add the spinach to the same pan and stir until wilted. Turn off the heat.

4 Stir the simmering cream into the soup. Taste and adjust the seasoning. Ladle the soup into bowls and add the spinach, stir lightly, then float the bacon or pancetta in the middle of each bowl. Serve at once.

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RECIPE BY

SOPHIE GRIGSON

EGGPLANT AND RED PEPPER SOUP

This is a two-in-one soup, a mild and gentle eggplant cream yanked into high gear with a swirl of the sweeter, hotter red pepper.

SERVES 6
PREP 25 MIN
COOK 40 MIN
FREEZE UP TO 3 MONTHS
THE TWO SOUPS SEPARATELY

FOR THE EGGPLANT SOUP
2 tbsp extra virgin olive oil
1 onion, chopped
1 carrot, coarsely sliced
2 tbsp chopped parsley
1 tbsp crushed coriander seeds
2 large eggplants, diced
1 tbsp risotto or short-grain rice
3¼ cups (750ml) chicken or vegetable stock
salt and freshly ground black pepper

FOR THE PEPPER SOUP
2 tbsp extra virgin olive oil
2 cloves garlic, chopped
1–2 fresh red chiles, seeded and chopped
2 red bell peppers, seeded and cut into strips
9oz (250g) tomatoes
1 tbsp tomato paste
1 tbsp superfine sugar
salt and freshly ground black pepper
2½ cups (600ml) chicken or vegetable stock
handful of fresh basil leaves

1 To make the eggplant soup, put the oil, onion, carrot, parsley, coriander, eggplant, and rice in a pan, cover, and sweat over low heat for 15 minutes. Add the stock and season with salt and pepper. Bring to a boil and simmer for 15 minutes until the carrots and rice are tender. Process in a blender.

2 To make the red pepper soup, place the olive oil, garlic, chile, and red pepper in a deep pan, and sauté until the peppers are very tender. Blanch and peel the tomatoes, then quarter, seed, and coarsely chop before adding to the pan along with the tomato paste, sugar, salt, and pepper. Cook for another 5–10 minutes until very thick. Stir in the stock and bring to a boil, then cool slightly and process to a puree in a blender.

3 Reheat both soups in separate pans, then taste and adjust seasonings. Divide the eggplant soup between 6 soup bowls and add a ladle of the pepper soup into each bowl, swirling it in lightly. Sprinkle with basil and serve at once.

EGGPLANT AND RED PEPPER SOUP

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RECIPE BY

MARIE-PIERRE MOINE

AVOCADO AND ARUGULA SOUP

Rich, slightly nutty avocado works well with arugula. Hass avocados are particularly good, but always buy extra in case one turns out to be blemished.

SERVES 4
PREP 15 MIN
PLUS 1 HR CHILLING
COOK NONE
FREEZE NOT SUITABLE

3 large (or 4 medium) ripe avocados
juice of 1 lemon
5½oz (150g) wild arugula
3¼ cups (750ml) cold chicken or vegetable stock
¼ tsp harissa
salt and freshly ground black pepper

1 Peel the avocados and remove their pits, then chop the flesh and put it in a blender or food processor with the lemon juice. Coarsely chop the arugula

(save a few sprigs to decorate) and add to the avocado mixture. Pour in the stock. Add the harissa and season with salt and pepper, then blend until smooth. Transfer to a bowl, cover and refrigerate for 1 hour.

2 Before serving, taste and adjust the seasoning. Pour into bowls or glasses, add an ice cube or two to each and decorate with sprigs of arugula. Serve chilled.

AVOCADO AND ARUGULA SOUP

RECIPE BY

SOPHIE GRIGSON

AVOCADO, CUCUMBER, AND SORREL SOUP

This lovely, cool summer soup is just perfect when it's too hot to cook. If you can't find sorrel, try substituting spinach seasoned with lemon juice or zest.

SERVES 4–6
PREP 5–10 MIN
COOK NONE
FREEZE NOT SUITABLE

1 ripe, buttery avocado, pitted and peeled
a generous handful of sorrel leaves (discard any tough stems)
¼ large cucumber, coarsely diced but not peeled
7oz (200g) Greek yogurt
1–2 cloves of garlic, peeled and chopped
salt and freshly ground black pepper
½ cup (120ml) water
avocado oil, to serve

❙ Place the avocado in a blender with the sorrel, cucumber, yogurt, garlic, salt, and pepper. Add the water, and then blend. As soon as it is smoothly blended, taste and adjust the seasoning. Add more sorrel if desired. Thin down with a little more water as needed.

2 Once you are happy with the taste and consistency, divide between 6 serving bowls or cups and drizzle a bit of avocado oil on the surface. Serve at once, or at least within the next hour while it is fresh and vivid.

RECIPE BY

CELIA BROOKS BROWN

FENNEL AND APPLE SOUP

Fennel will store better in the refrigerator if you remove the feathery fronds, but be sure to save a good handful for this soup as a garnish.

SERVES 4
PREP 10 MIN
COOK 30 MIN
FREEZE UP TO 3 MONTHS

2 tbsp extra virgin olive oil
4 scallions, sliced
2 cloves garlic, chopped
1lb 5oz (600g) fennel (trimmed weight), coarsely chopped
1 celery heart with leaves, or 3 celery ribs, chopped
1 cooking apple, peeled, cored and coarsely chopped
sea salt
3 1/4 cups (750ml) vegetable stock
fennel fronds, to serve

1 Heat the oil in a large pan over medium heat and add the scallions. Soften for 3 minutes, then add the garlic. Cook for 1–2 minutes until fragrant, then add the fennel, celery, and apple with a little salt. Stir, cover, and sweat for 10 minutes, stirring frequently.

2 Pour in the stock and bring to a boil. Simmer for 15 minutes, until the fennel is tender. Cool briefly, then puree with a hand blender. Taste and adjust the

seasoning. Serve hot, or allow the soup to cool, then chill for several hours before serving cold. Garnish each bowl with torn fennel fronds.

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RECIPE BY

MARIE-PIERRE MOINE

FENNEL SOUP WITH BEANS, THYME, AND CHORIZO

The last-minute addition of paprika-flavored chorizo gives spice to this hearty soup. Keep the texture chunky by processing only briefly.

SERVES 4
PREP 15 MIN
PLUS SOAKING OVERNIGHT
COOK 1 HR
FREEZE UP TO 3 MONTHS
WITHOUT THE CHORIZO

9oz (250g) dried navy beans
1 tbsp sunflower or olive oil
1 Spanish onion, finely chopped
2 cloves garlic, crushed
1 head fennel, cored and finely chopped
2 tsp dried fennel seeds
1 tbsp finely chopped fresh parsley
2 tsp thyme leaves

2 quarts (2 liters) water
salt and pepper
3½oz (100g) chorizo, diced

1 Soak the beans overnight in plenty of cold water, then drain and rinse. Put a heavy pot over medium heat. Add the oil, then the onion, and stir for 2 minutes. Add the garlic, fennel, fennel seeds, parsley, and half the thyme and cook for 3–5 minutes until slightly softened. Add the beans. Stir, add the water, and season lightly with salt and pepper.

2 Bring to a simmer and cook for 40 minutes, or until the beans are tender, skimming from time to time. Remove from the heat and let cool slightly. Transfer to a food processor or blender and process briefly until partly pureed. Return to the pot, adjust the seasoning, then gently reheat.

3 Meanwhile, place a small nonstick frying pan over medium-high heat and cook the chorizo for 2–3 minutes until crisp and colored, stirring frequently. Drain on a plate lined with paper towels.

4 Ladle the soup into bowls, add a little chorizo to each, and finish with a scattering of thyme. Serve immediately.

FENNEL SOUP WITH BEANS, THYME, AND CHORIZO

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RECIPE BY

MARIE-PIERRE MOINE

CUCUMBER AND DILL SOUP

This refreshing soup can be prepared ahead and makes an elegant appetizer for a summer meal. For a lunch or dinner party, try serving it with smoked salmon.

SERVES 4
PREP 30 MIN
PLUS 3 HR CHILLING
COOK NONE
FREEZE NOT SUITABLE

2 medium cucumbers
salt and freshly ground black pepper
1 quart (1 liter) whole or low-fat milk
small bunch of fresh dill
½–⅔ cup (100–150ml) cold water
⅔ cup (150ml) plain yogurt

1 Peel the cucumbers, leaving one or two strips of skin on for color. Slice, put into a colander, and sprinkle with a teaspoon of salt. Toss and set it to drain over a bowl for one hour. Meanwhile, put the milk in another bowl, add a few whole dill fronds, stir, and refrigerate for an hour to allow the flavors to infuse slightly.

2 Rinse the cucumbers under cold running water, pressing down to extract as much moisture as possible. Remove the dill fronds from the milk. Put the milk

and cucumber in a blender or food processor. Add a few more fronds of dill and some pepper and blend well. Pour into a bowl and refrigerate for 3 hours.

3 Place a sieve over a clean bowl, pour in the chilled soup, and push through with the back of a wooden spoon, add the water, and return to the refrigerator until ready to serve.

4 Stir in the yogurt, taste, and adjust the seasoning if necessary. Whisk until frothy with a handheld or balloon whisk then pour into cups, bowls, or glasses. Decorate with a little more dill and serve immediately.

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RECIPE BY

CELIA BROOKS BROWN

CUCUMBER AND WALNUT SOUP

This recipe is delicious in late summer, when it will use up any particularly mature cucumbers, although you may need to remove any hard seeds and bitter skin.

SERVES 4–6
PREP 10–15 MIN
PLUS 30 MIN CHILLING
COOK NONE
FREEZE NOT SUITABLE

2 medium cucumbers, about 1lb 9oz (700g) in total
18oz (500g) Greek or thick and creamy yogurt
1 cup (250ml) cold water
1 clove garlic
coarse sea salt
1¾oz (50g) walnuts, plus more chopped walnuts for garnish
handful of fresh mint leaves, finely chopped
2 tbsp fresh lemon juice
freshly ground black pepper
extra virgin olive oil, to serve

1 Peel, seed, and finely dice the cucumbers. Be diligent about this to ensure your soup is delicately flavored without any bitterness.

2 In a medium bowl or large measuring jug, mix together the yogurt and water until combined. Pound the garlic with a large pinch of coarse sea salt in a mortar until smooth. Scrape it into the yogurt. Pound the walnuts in the garlicky mortar to a coarse paste; do not crush them too fine. Add to the yogurt mixture with the cucumber, mint, lemon juice, and a good grinding of pepper and stir well. Taste and adjust the seasoning.

3 Cover and chill for 30 minutes or more. Pour into bowls and garnish with a drizzle of olive oil and a few chopped walnuts.

RECIPE BY

MARIE-PIERRE MOINE

HOT CUCUMBER AND TARRAGON SOUP

Cooked cucumber has a subtle flavor which combines particularly well with the more assertive but still delicate tarragon in this light soup.

SERVES 4
PREP 15 MIN
COOK 20 MIN
FREEZE NOT SUITABLE

2 medium-large or 3 small cucumbers
1 tbsp sunflower oil
3 tbsp (50g) chilled butter, diced
2 tbsp fresh tarragon, chopped
3 1/3 cups (800ml) light vegetable or chicken stock
salt and freshly ground black pepper
2 tbsp cornstarch
4 heaped tsp cream cheese (optional)

1 Peel, seed, and roughly chop the cucumbers.

2 Place a sauté pan over medium heat. Add the oil and 1 tbsp of the butter. Once the butter has melted, add the cucumber and half the tarragon. Stir for 2 minutes, then pour in the stock and season lightly with salt and pepper.

3 Bring to a simmer, reduce the heat a little, then cover and simmer gently for 10–15 minutes. Stir in the cornstarch. Cook for 2 minutes. Take off the heat and set aside to cool a little.

4 Transfer to a blender or food processor and blend until smooth. Return to the pan and whisk in the remaining butter. Taste and adjust the seasoning, stir in the rest of the tarragon, and serve hot. If you like, add a dollop of cream cheese (if using) to each serving at the last minute.

RECIPE BY

MARIE-PIERRE MOINE

MEXICAN SWEET CORN SOUP

If you don't have chili-flavored olive oil, stir a little bit of piquant pimenton, harissa, or smoked paprika into fruity olive oil instead.

SERVES 4
PREP 15 MIN
COOK 20 MIN
FREEZE UP TO 3 MONTHS

3 tbsp olive oil
1 Spanish onion, finely chopped
1 red bell pepper, cored, seeded, and finely chopped
1 clove garlic, crushed
1 tsp fennel seeds
1 tsp fresh thyme leaves
14oz (400g) sweet corn kernels (drained and rinsed, if canned)
salt and freshly ground black pepper
2 cups (500ml) hot water
½ cup (100ml) light cream
1½ tbsp chili-flavored olive oil, to serve

1 Heat the oil in a large sauté pan over medium heat, add the onion, bell pepper (reserve a scant tablespoon to finish), garlic, fennel seeds, and thyme, and stir-fry for 3 minutes. Add the sweet corn and season lightly. Continue stirring and cooking for 2 minutes, then pour in the water, stir, and bring to a simmer. Lower the heat, cover, and simmer for 15 minutes or until the

vegetables are tender and cooked through. Stir in the cream and let cool for a few minutes.

2 Process the soup until smooth in a blender (you may need to do this in batches). Return to the pan and reheat gently, stirring occasionally. Taste, and adjust the seasoning. Ladle into bowls and add the reserved red pepper. Drizzle a little chili-flavored olive oil over the top and serve at once.

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RECIPE BY

CELIA BROOKS BROWN

SWEET CORN CHOWDER

If you have grown your own sweet corn, wait until the very last minute to harvest it—the quicker you get it from the garden to the pan, the sweeter it will be.

SERVES 4–6
PREP 10 MIN
COOK 30 MIN
FREEZE UP TO 1 MONTH
WITHOUT MILK OR CREAM CHEESE

4 fresh ears of corn
2 cups water
sea salt
2 bay leaves
2 tbsp olive oil
1 large onion, chopped
4 fresh sage leaves, chopped, or ½ tsp dried sage, crushed
1 tsp fresh thyme leaves, or ½ tsp dried thyme
1 medium carrot, chopped

2 celery ribs, chopped
1 large potato, chopped
7oz (200g) cream cheese
½ cup (120ml) milk
salt and freshly ground black pepper
light cream, to serve
dusting of paprika, to serve

1 Stand each ear of corn upright in a large bowl, and strip the kernels by cutting downward with a sharp knife. Set the kernels aside. Place the cobs in a large saucepan and add the water, a generous pinch of salt, and the bay leaves. Bring to a boil and simmer, covered, for 15 minutes. Remove and discard the cobs and bay leaves.

2 Heat the oil in a saucepan and cook the onions until translucent. Add the sage, thyme, carrot, celery, and potatoes. Cook for about 5 minutes, until softened. Add the corn cob stock and simmer until the potato softens. Meanwhile, place the corn kernels in a saucepan and barely cover with cold water. Bring to a boil and cook for 2 minutes. Set aside.

3 Add the cream cheese and milk to the soup mixture, then puree until smooth. Stir in the corn kernels with their cooking liquid. Give the chowder one more blend if desired, to break up corn kernels slightly. Reheat, seasoning with salt and pepper to taste. Ladle into warm bowls. Drizzle with streaks of cream and dust with paprika.

SWEET CORN CHOWDER

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ZUCCHINI AND POTATO SOUP

A very simple soup, easy to make and with very few ingredients, this is lifted out of the ordinary by the gentle anise-tang of dill.

SERVES 4
PREP 10 MIN
COOK 15 MIN
FREEZE UP TO 3 MONTHS

2 large potatoes, peeled and diced
2 cups (500ml) hot chicken stock
1 tsp salt
1 tbsp olive oil
3 medium zucchini, peeled, finely diced or grated
1 onion, peeled, finely diced or grated
white pepper
½ cup (100ml) heavy cream
1¼ cups (300ml) milk
small bunch of fresh dill, chopped

1 Place the potatoes into a large, deep saucepan with the hot stock and salt, bring to a boil, and simmer for about 5 minutes, or until tender. Blend with an immersion blender until smooth and return to the saucepan.

2 In another saucepan, heat the olive oil, add the zucchini and onion, and cook over low heat for 2–3 minutes or until slightly softened but not colored. Stir in a dash of the white pepper, along with the cream, milk, and pureed potato

broth and simmer gently for 5 minutes, or until the zucchini has softened. Add the dill and season to taste. Serve hot.

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RECIPE BY

ROOPA GULATI

WHIPPED YOGURT SOUP WITH SAUTÉED ZUCCHINI

This spin on a popular Indian curry makes an innovative first course. The crackling curry leaves, toasted spices, and tangy tamarind work well with the yogurt base.

SERVES 4
PREP 30 MIN
PLUS 20 MIN STANDING
COOK 25 MIN
FREEZE NOT SUITABLE

3 tbsp vegetable oil
2 dried red chiles
1 tsp mustard seeds
¼ tsp fenugreek seeds
1 tsp cumin seeds
12 curry leaves
3 tbsp gram flour
½ tsp turmeric
1¾ cups (400ml) Greek yogurt
1¾ cups (400ml) cold water
salt
2 tbsp tamarind pulp
2 tbsp chopped cilantro, to garnish

FOR THE SAUTÉED ZUCCHINI TOPPING
2 tbsp vegetable oil
1 small red onion, diced

1 zucchini, finely diced
1 green chile, seeded and finely chopped
sea salt flakes, to season

1 Heat the oil in a wok over medium heat. Toss in the chiles and mustard seeds and swirl around for a few seconds before adding the fenugreek, cumin, and curry leaves. Lower the heat and stir-fry for a few seconds. Sprinkle in half the flour and stir-fry for 2–3 minutes or until lightly toasted. Remove from the heat, add the turmeric, and let cool slightly.

2 Whisk the remaining flour with the yogurt and water and add to the wok. Return to the heat and, whisking all the time, bring to a simmer and cook for 3–4 minutes. Add more water, if needed, to loosen the consistency. I like to leave the whole spices in, but you can sieve the soup at this stage. Season with salt and enough tamarind to sharpen.

3 For the sautéed zucchini topping, heat the oil in a frying pan and soften the onion for 3–4 minutes over low heat. Turn the heat up, add the zucchini and green chile, and continue cooking for another minute. Season with salt and add to the hot soup. Finish with the chopped cilantro.

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RECIPE BY

JOSEPHINE FAIRLEY

WHITE GAZPACHO

This Spanish soup is seriously garlicky, but heavenly in summer. You could reduce the number of garlic cloves to as few as two—if you wish.

SERVES 4
PREP 20 MIN
COOK NONE
FREEZE NOT SUITABLE

3oz (85g) white bread (crusts removed), cut into cubes
2 cups (500ml) ice water
9oz (250g) whole blanched almonds
6 garlic cloves, coarsely chopped
3 tbsp olive oil
3 tbsp sherry vinegar or white balsamic vinegar
salt and freshly ground black pepper
5½oz (150g) seedless white grapes

❙ Soak the bread in all but 3 tbsp of the ice water for 10 minutes. Meanwhile, place the almonds in a food processor and process until ground as finely as possible. Add the remaining 3 tbsp ice water and blend to a paste. Remove

the bread from the water (reserving the water) and add to the processor, along with the garlic, and blend again.

2 With the motor running, gradually add the water the bread soaked in, followed by the oil. Keep pulsing until the mixture is absolutely smooth. Add the vinegar and season to taste with salt and pepper. To serve, place a handful of grapes in the bottom of each bowl, ladle the soup on top, then drizzle with a little olive oil, if desired.

WHITE GAZPACHO

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CLASSIC TOMATO SOUP

Easy to make from kitchen pantry ingredients, using canned tomatoes, this delicious soup will brighten the dullest day.

SERVES 4
PREP 20 MIN
COOK 55 MIN
FREEZE UP TO 3 MONTHS

1 tbsp olive oil
1 onion, chopped
1 garlic clove, sliced
2 celery ribs, sliced
1 carrot, sliced
1 potato, chopped
2 x 14½oz (400g) cans tomatoes
3¼ cups (750ml) vegetable or chicken stock
1 bay leaf
1 tsp sugar
salt and freshly ground black pepper

1 Heat the oil in a large saucepan over medium-low heat, add the onion, garlic, and celery and cook, stirring frequently, until softened but not colored.

2 Add the carrot and potato and stir for 1 minute, then add the tomatoes with their juices, the stock, bay leaf, and sugar. Season to taste, bring to a boil, then reduce the heat, cover, and simmer for 45 minutes, or until the vegetables are very soft.

3 Remove from the heat and let cool slightly, then process in a blender or food processor until smooth, working in batches if necessary. Taste and adjust the seasoning, then reheat and serve.

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RECIPE BY

SOFIA LARRINUA-CRAXTON

ROASTED TOMATO SOUP

For homemade food in a jiffy, roast the vegetables up to three days in advance and keep them in the fridge. This soup then takes just minutes to prepare.

SERVES 4
PREP 10 MIN
COOK 30 MIN
FREEZE UP TO 3 MONTHS

8 plum tomatoes, about 1 ½lb (675g) in total, quartered
1 red onion, cut into 8 wedges
2 garlic cloves, unpeeled
3 tbsp olive oil
sea salt and freshly ground black pepper
1 quart (1 liter) hot vegetable stock
3 tbsp sun-dried tomato paste

1 Preheat the oven to 350°F (180°C). Put the tomatoes, onion, and garlic on baking sheets covered with parchment paper. Drizzle with the oil, and season well with salt and pepper. Roast until they are soft, caramelized, and slightly browned—allow 10–15 minutes for the garlic, 15–20 minutes for the onion, and 25 minutes for the tomatoes. Squeeze the garlic from their skins once they have cooled slightly.

2 Transfer to a blender, add the stock and tomato paste, then process until smooth but still slightly chunky. Season again to taste, reheat gently, and serve

hot.

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RECIPE BY

SOFIA LARRINUA-CRAXTON

CREAM OF TOMATO SOUP

This extra-special version of the old standard uses fresh, sun-dried, and roasted tomatoes, and takes the humble tomato to new heights.

SERVES 4–6
PREP 30 MIN
COOK 40 MIN
FREEZE UP TO 3 MONTHS BEFORE CREAM IS ADDED

3½ tbsp (50g) butter
1 tbsp olive oil
2 onions, finely chopped
2 celery ribs, finely chopped
2 carrots, finely diced
2 garlic cloves, minced
12 plum tomatoes, about 2¼lb (1kg), quartered, roasted, and coarsely chopped
8 plum tomatoes, about 1¼–1½lb (600–720g), peeled and finely chopped
6 sun-dried tomatoes, finely chopped

1 quart (1 liter) hot vegetable stock
2–3 tbsp heavy cream
salt and freshly ground black pepper

1 Heat the butter and olive oil in a heavy saucepan over medium heat. Add the onions and sauté for 8–10 minutes, stirring frequently, until very soft but not colored. Next, add the celery and carrots, and continue cooking gently without burning for another 10 minutes, stirring from time to time. Add the garlic and sauté for another 2 minutes, stirring.

2 Mix together the roasted plum tomatoes, fresh tomatoes, and sun-dried tomatoes. Add them into the pan with any juices, and cook, stirring, for 5 minutes to allow the flavors to combine; if the sauce looks too thick or starts sticking to the bottom of the pan, add a little of the hot vegetable stock. Pour in the remaining vegetable stock and simmer the soup for 15–20 minutes.

3 Blend the soup to a smooth puree using a food processor or handheld blender. Pass through a sieve or mouli into a clean pan, unless you prefer to make a peasant-style soup. Add the cream a tablespoon at a time until you are happy with the taste and texture. Season with salt and pepper, reheat very gently if needed, and serve.

CREAM OF TOMATO SOUP

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RECIPE BY

SOFIA LARINUA-CRAXTON

TOMATO BORSCHT

In Russia and Ukraine, borscht often includes tomatoes as well as beets. This version may seem unusual, but you will love its rich color and fantastic taste.

SERVES 4
PREP 25 MIN
COOK 25 MIN
FREEZE UP TO 3 MONTHS
AT THE END OF STEP 2

2 tbsp olive oil
1 small onion, finely chopped
1 garlic clove, chopped
8oz (225g) raw beets, peeled and finely grated
1 tsp toasted cumin seeds, freshly ground, plus extra to serve
¼ tsp ground cinnamon
8oz (225g) ripe fresh tomatoes, peeled and coarsely chopped
1 tbsp sun-dried tomatoes, very finely chopped
1 cup (250ml) tomato juice
2½ cups (600ml) vegetable stock
1 tbsp soy sauce
salt and freshly ground black pepper

sour cream or crème fraîche, to serve

1 Heat the oil in a heavy pan over low heat. Gently cook the onion and garlic for about 5 minutes, then add the beets. Cook gently for another 10 minutes, stirring from time to time, until softened but not browned.

2 Add the ground spices, fresh and sun-dried tomatoes, and tomato juice, then pour in the stock. Bring to a boil. Reduce the heat slightly, cover, and simmer very gently for 15 minutes or until all the vegetables are soft. Remove from the heat. Blend or process until velvety smooth.

3 Check the seasoning, adding the soy sauce, salt, and pepper to taste. Serve chilled, at room temperature, or slightly warm. If you do reheat the soup, do so gently over low heat. To serve, spoon into bowls, and garnish with toasted cumin seeds and a spoonful of sour cream or crème fraîche.

TOMATO BORSCHT

RECIPE BY

GEETIE SINGH

GAZPACHO

Wonderfully refreshing, this perfect hot summer's day lunch is fantastically quick to make and is superbly healthy. Serve it up with garlic-rubbed toast.

SERVES 6–8
PREP 30 MIN
FREEZE UP TO 3 MONTHS

1 red bell pepper, seeded and chopped
10 scallions, trimmed and chopped, or 1 red onion, finely chopped
5 garlic cloves, chopped
1 cucumber, finely chopped
2¼lb (1kg) ripe tomatoes, finely chopped
1 tbsp fresh thyme, marjoram, parsley, mint, or basil, chopped
3–4 pieces stale bread
1 fresh chile, seeded and finely chopped, or ½ tsp cayenne pepper (optional)
2 tbsp red wine vinegar
3 tbsp olive oil, plus extra to serve
½ cup (100ml) cold water
salt and freshly ground black pepper

1 Place a serving bowl in the refrigerator. Put the bell pepper, scallions or onion, garlic, cucumber, and tomatoes in a mixing bowl, then add the herbs.

2 Process the bread in a blender to make bread crumbs, then add to the mixing bowl along with the chile, if using, the vinegar, and oil. Gradually add the

water; ½ cup will give a good, thick consistency but you can use more if you prefer.

3 Transfer to the blender and process briefly—you can blend until smooth, or so it still contains the odd chunk of cucumber. Season generously with salt and freshly ground black pepper. Transfer to the chilled serving bowl, add a few ice cubes, and drizzle with olive oil before serving.

RECIPE BY

DAN BARBER

SMOKED TOMATO SOUP

Dan Barber, the top chef with a Blue Hill restaurant in Manhattan and another on a farm outside New York, teaches all his staff the principles of good farming.

SERVES 4
PREP 15 MIN
COOK 30 MIN
FREEZE UP TO 3 MONTHS

10 large plum tomatoes, about 2½lb (1.1kg) total in weight, 2 halved and seeded, 8 coarsely chopped
4 tbsp extra virgin olive oil
1 large onion, finely chopped
1 large leek, cut in half lengthwise and then thinly sliced crosswise
1½ tsp coriander seeds
2 garlic cloves, crushed
2 bay leaves
1 tsp finely grated fresh horseradish or drained bottled horseradish
1 cup (250ml) hot chicken stock
pinch of sugar
4 tbsp (60g) unsalted butter, softened
salt and freshly ground black pepper
basil leaves, to garnish

❙ Scatter a handful of apple, pecan, or hickory wood chips in a medium-sized, cast-iron frying pan or wok, cover tightly with a lid, and place over medium heat. When the chips start to smoke, put the 4 tomato halves on a rack, and set the rack in the pan. Replace the lid and smoke the tomatoes for 2–3

minutes or until barely softened. Transfer to a plate and let cool slightly, then peel.

2 Heat the oil in a large pan, add the onion and leek, and cook over medium heat, stirring frequently, for 10 minutes or until softened but not browned. Add the coriander, garlic, bay leaves, and horseradish and cook for 2 minutes or until fragrant. Add the chopped tomatoes, stock, and sugar, cover with a lid, and cook over medium heat for 10 minutes or until the tomatoes are soft. Pick out and discard the bay leaves.

3 Transfer to a blender, add the butter and smoked tomatoes, and process until smooth. You may need to do this in batches. Strain through a sieve into a clean pot and season with salt and freshly ground black pepper. Serve garnished with basil leaves.

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SOPA DE TORTILLA

Fresh lime juice, cilantro, and dried poblano chiles— not to mention the corn tortillas—give a Mexican flavor to this spicy tomato soup.

SERVES 4
PREP 15 MIN
COOK 50 MIN
FREEZE UP TO 3 MONTHS
AT THE END OF STEP 2

5 tbsp sunflower oil
½ onion, finely chopped
2 large garlic cloves, finely chopped
1lb (450g) tomatoes, peeled
1½ quarts (1.5 liters) chicken stock or vegetable stock
1 or 2 dried poblano chiles, seeded
2 soft corn tortillas, cut into strips
3 tbsp chopped fresh cilantro
2 tbsp fresh lime juice
salt and freshly ground black pepper
3oz (85g) Gruyère cheese, grated
2 limes, cut into wedges, to serve

1 Heat 1 tbsp of the oil in a large saucepan over medium heat. Add the onion and cook, stirring, for 5 minutes, until softened. Add the garlic and stir for 30 seconds. Using a blender, process with the tomatoes until smooth.

2 Add the tomato-onion puree to the pan and simmer for 8–10 minutes, stirring constantly. Stir in the stock and bring to a boil. Reduce the heat, partially cover the pan, and simmer for 15 minutes or until thickened.

3 Place a nonstick frying pan over medium heat. Add the chiles and press them flat against the pan with a spatula until they blister, then repeat on the other side. Remove from the pan, cut into small pieces, and set aside.

4 Heat the remaining oil in the frying pan until sizzling hot. Add the tortilla strips in batches and fry until just crisp. Remove with a slotted spoon and drain on paper towels.

5 When ready to serve, add the chiles to the soup, bring to a boil, and simmer for 3 minutes, or until the chiles are soft. Stir in the cilantro and lime juice and season with salt and pepper. Divide the toasted tortilla strips between four soup bowls. Ladle in the soup and top with a sprinkling of cheese. Serve with wedges of lime.

SOPA DE TORTILLA

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WATERCRESS SOUP

Serve this velvety smooth soup hot, topped with shavings of Parmesan cheese, or chilled with an extra swirl of cream or crème fraîche.

SERVES 4
PREP 10 MIN
COOK 15 MIN
FREEZE 3 MONTHS

2 tbsp (25g) butter
1 onion, finely chopped
6oz (175g) watercress
3 ripe pears, cored and coarsely chopped
1 quart (1 liter) vegetable stock
salt and freshly ground black pepper
¾ cup (200ml) heavy cream
juice of ½ lemon
Parmesan cheese, shaved, to serve
olive oil, to drizzle

1 Melt the butter in a saucepan and cook the onion for 10 minutes, or until soft, stirring occasionally to prevent burning. Meanwhile, trim the watercress

and pick off the leaves. Add the watercress stalks to the onion with the pears and stock, and season with salt and pepper.

2 Bring to a boil, cover, and simmer gently for 15 minutes. Remove from the heat and pour into a blender along with the watercress leaves. Process until the soup has a very smooth texture.

3 Stir in the cream and lemon juice, then adjust the seasoning. This soup can be served hot (garnished with Parmesan shavings and drizzled with a little olive oil), or refrigerated for up to 4 hours and served chilled (topped with crushed ice and drizzled with a little olive oil).

WATERCRESS SOUP

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RECIPE BY

ROOPA GULATI

SPICY WATERCRESS SOUP

Peppery watercress, curry leaf oil, and caramelized pear make a marvelous melange of flavors. The oil can be made a few days before and kept refrigerated.

SERVES 4–6
PREP 20 MIN
COOK 30 MIN
FREEZE UP TO 1 MONTH
AT THE END OF STEP 2

2 tbsp olive oil
1 onion, chopped
2 medium potatoes, such as russet, chopped
1 quart (1 liter) hot vegetable stock
9oz (250g) watercress
salt and freshly ground black pepper
2 tbsp crème fraîche

FOR THE CURRY LEAF OIL
3 tbsp fresh curry leaves
⅔ cup (150ml) olive oil

FOR THE GARNISH
1 pear, peeled and finely diced
2 tbsp confectioner's sugar
pinch of coarsely ground black peppercorns
1 tbsp crème fraîche

1 First make the curry leaf oil. Drop the curry leaves into a pan of boiling water and cook for about 30 seconds. Remove and refresh with cold water. Pat dry with paper towels and transfer to a blender. Warm the olive oil and gradually pour into the blender as the leaves are being processed. Blend to a smooth paste. Line a sieve with a thin paper towel and pour the curry leaf mixture into it—the oil will slowly drip through.

2 For the soup, heat the 2 tbsp olive oil in a large pan and add the onion and potato. Cover and cook over low heat, stirring frequently, until softened but not colored. Pour in the stock and simmer for another 10 minutes, until the potatoes are cooked. Add the watercress and cook for another minute. Season, remove from the heat, and stir in 2–3 tsp of the curry leaf oil. Blend with a stick blender until smooth and sieve to remove any tough fibers.

3 For the garnish, toss the diced pear in confectioner's sugar seasoned with pepper. Cook in a heated frying pan until caramelized.

4 Reheat and re-season the soup and whisk in 2 tbsp of crème fraîche. Ladle into bowls, and top with an extra dollop of crème fraîche. Scatter the pears over the top and finish with an extra drizzle of curry leaf oil.

RECIPE BY

SOPHIE GRIGSON

LOVAGE SOUP

If you don't grow this old-fashioned herb yourself, ask around among your gardening friends or head down to the nearest organic foods market to see if they sell it.

SERVES 4–6
PREP 10 MIN
COOK 30 MIN
FREEZE UP TO 3 MONTHS
BEFORE CREAM IS ADDED

4 tbsp (60g) butter
1 onion, chopped
9–10oz (250–300g) starchy potatoes, peeled and diced
1 large carrot, diced
a large handful of fresh lovage leaves
1¼ quarts (1¼ liters) chicken or vegetable stock
salt and freshly ground black pepper
6 tbsp (90ml) heavy cream
cayenne pepper, to serve

1 Melt the butter in a large pan and add the onion, potato, carrot, and lovage. Stir, then cover and cook over low heat for 10 minutes.

2 Add the stock and a little salt and pepper. Bring to a boil and simmer for 15 minutes until all the vegetables are very tender. Cool slightly, process in a blender, and, if you would like a smoother soup, pass through a sieve. Taste

and adjust the seasoning if necessary. Reheat when needed and stir in the cream. Serve with a dusting of cayenne pepper.

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RECIPE BY
CAROLYN HUMPHRIES

SEA BEAN SOUP WITH POACHED EGGS

For absolute decadence, omit the poached eggs and top each bowl with a little chopped hard-boiled egg and a shucked oyster in its half shell.

SERVES 4
PREP 10 MINS
COOK 30 MINS
FREEZE UP TO 3 MONTHS
BEFORE MILK IS ADDED

7oz (200g) fresh or frozen sea beans
2–3 tbsp unsalted butter
1 large leek, washed thoroughly and sliced
1 large potato, diced
1 thick slice of lemon
small handful of fresh parsley
1 quart (1 liter) light vegetable or chicken stock

freshly ground black pepper
2–3 tbsp milk (optional)
1 tbsp white wine vinegar
4 eggs

1 Rinse the sea beans, then boil in a little water over medium-high heat for 3–5 minutes or until tender. Drain, rinse with cold water, and drain again. If the sea bean stalks are stringy, put them on a chopping board and scrape off the green flesh, then discard the remaining central core (you won't need to with young, fresh sea beans).

2 Melt the butter in a large saucepan. Add the leek and potato and cook gently, stirring, for 2 minutes or until soft but not browned. Add the lemon, parsley, stock, and pepper—it's unlikely to need salt as sea beans are salty. Bring to a boil, reduce the heat, cover, and simmer gently for 20 minutes, or until the vegetables are really soft. Discard the lemon and process in a blender with the sea beans. Return to the pan, taste, and add more pepper if necessary. If freezing, cool and freeze at this point, then defrost and continue. Thin with the milk, if desired, then reheat gently.

3 Meanwhile, bring a large pan of water to a boil and add the vinegar. Swirl around to make an eddy and break in the eggs one at a time. Poach until cooked to your liking, then remove with a slotted spoon. Ladle into wide, shallow soup plates then rest a poached egg in the center of each.

SEA BEAN SOUP WITH POACHED EGGS

RECIPE BY

CAROLYN HUMPHRIES

CHEDDAR AND CHIVE SOUP

Use well-flavored Cheddar and serve the soup with plenty of warm, crusty bread. Use blue cheese if you prefer, but crumble it rather than try to grate it!

SERVES 4
PREP 10 MIN
COOK 30 MIN
PLUS REHEATING
FREEZE UP TO 3 MONTHS
WITHOUT THE CRÈME FRAÎCHE

2–3 tbsp of butter
¼ small celeriac, chopped
1 onion, chopped
1 carrot, chopped
1 potato, chopped
3¼ cups (750ml) vegetable or chicken stock
1 bay leaf
salt and freshly ground black pepper
small handful of fresh chive stalks
⅔ cup (150ml) milk
4oz (115g) Cheddar cheese, grated
4 tbsp crème fraîche, plus extra to serve

❙ Melt the butter in a large saucepan. Add the celeriac, onion, carrot, and potato, and cook gently, stirring, for 2 minutes, or until softened but not browned. Add the stock and bay leaf and season with salt and pepper. Bring to

a boil, reduce the heat, cover, and simmer gently for 30 minutes. Remove the bay leaf, puree the soup in a blender or food processor, then return to the rinsed-out pan.

2 Reserve 4 chive stalks for garnish, then chop the remainder finely. Add to the soup with the milk, cheese, and crème fraîche. Heat through gently, stirring, until the cheese melts and the soup is piping hot. Do not allow to boil.

3 Taste and adjust the seasoning, then ladle into warm, shallow soup bowls, adding a dollop of crème fraîche to each. Cut the reserved chive stalks in half and gently lay them, slightly crossed, on top.

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RECIPE BY

SOPHIE GRIGSON

POTATO AND CILANTRO SOUP

This is a favorite soup in Portugal, where fresh cilantro is used enthusiastically. It is essentially a potato and onion soup, blended with lots of fresh cilantro.

SERVES 4–6
PREP 10–15 MIN
COOK 30 MIN
FREEZE UP TO 3 MONTHS

1 small bunch of fresh cilantro
2 onions, chopped
2 cloves garlic, chopped
3 tbsp olive oil
2lb (900g) potatoes, peeled and cubed
2 pints (1.2 liters) chicken stock, vegetable stock, or water
salt and freshly ground black pepper

1 Cut the stems from the cilantro and tie them in a bundle with string. Chop the leaves finely and reserve.

2 Cook the onion and garlic gently in the oil until tender without browning. Add the potatoes and cilantro stems, stir, then cover and cook over low heat for 5 minutes.

3 Now add the stock, season, and bring to a boil. Simmer until the potatoes are very tender. Remove the bundle of cilantro stems. Process in a blender, adding a little more stock or water if the soup is too thick. Stir in the cilantro leaves and reheat gently without boiling. Taste, and adjust the seasoning. Serve immediately.

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RECIPE BY

SOPHIE GRIGSON

SORREL SOUP

A real tonic on a chilly early summer day, this soup, with its bright sorrel sharpness, is always welcome. Later in the summer, when the temperature rises, serve it chilled.

SERVES 6
PREP 15 MIN
COOK 30–35 MIN
FREEZE UP TO 3 MONTHS
WITHOUT CREAM

3 big handfuls of sorrel (or substitute spinach seasoned with lemon juice)
2 tbsp extra virgin olive oil
1 onion, chopped
14oz (400g) potatoes, peeled and diced
1 bay leaf
2 sprigs of parsley
2 sprigs of thyme
1½ quarts (1½ liters) chicken or vegetable stock
salt and freshly ground black pepper
6 tbsp heavy cream (optional) or 3 tbsp Greek yogurt

1 Cut out and discard the larger, tougher stems of the sorrel, then shred the leaves coarsely. Warm the oil in a large saucepan and add the onion, potatoes, bay leaf, parsley, and thyme, tied together with string to form a bouquet garni. Stir to coat in the oil, then cover and cook over low heat for 10 minutes or so.

2 Uncover and pour in the stock, then season with salt and pepper. Bring to a boil and simmer for 15 minutes or so until the potato is very tender. Take off the heat, remove the bouquet garni, then stir in the sorrel. Process in a blender in batches and return to the pan. Reheat, stir in the cream if using, then taste and adjust the seasoning. Serve immediately. Alternatively, when the weather is warm, chill the soup for a few hours in the refrigerator, then serve with a teaspoonful of Greek yogurt floating in each bowl.

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RECIPE BY

ROOPA GULATI

CURRIED BROTH WITH PEPPERS

This fragrant soup is seasoned with a blend of spices often used to give Indian pickles and preserves their distinctive tang. It is best enjoyed with hot naan.

SERVES 4
PREP 15 MIN
COOK 25 MIN
FREEZE UP TO 3 MONTHS

2 tbsp vegetable oil
1 star anise
½ tsp hot red pepper flakes
½ tsp nigella seeds
1 ½ tsp fennel seeds
¼ tsp fenugreek seeds
2 onions, diced
1 ½in (4cm) piece of ginger, peeled and grated
1 orange bell pepper, diced
1 yellow bell pepper, diced
2 tbsp basmati rice
¾ tsp turmeric
½ tsp garam masala
1 quart (1 liter) hot vegetable stock
1 tbsp palm sugar
grated zest and juice of 1 large lemon
salt and freshly ground black pepper

2 tbsp cilantro, coarsely chopped

1 Heat the oil in a large saucepan over medium heat, add the star anise, pepper flakes, nigella, fennel, and fenugreek, and stir-fry for 30 seconds. Lower the heat, add the onions and ginger, then cover and cook for 5 minutes or until the onions have softened. Stir in the peppers and fry for 2–3 minutes.

2 Add the rice, turmeric, and garam masala, stir well, and cook for 1 minute. Pour in the stock, then add the sugar and lemon zest. Season with salt and pepper, and simmer for 15 minutes or until the soup has thickened slightly and the peppers and rice are tender. Sharpen with the lemon juice and serve garnished with cilantro.

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RECIPE BY

ROOPA GULATI

ROASTED RED PEPPER, FENNEL, AND TOMATO SOUP

Make this soup toward the end of the summer when tomatoes and peppers are plentiful. It freezes well and will be a treat when defrosted for winter meals.

SERVES 4–6
PREP 25 MIN
COOK 2 HR
FREEZE UP TO 2 MONTHS

1 large fennel bulb, peeled
1 red onion
1lb (500g) tomatoes
2 red bell peppers, halved and seeded
4 garlic cloves, in their skins
1 ½ tsp sugar
2 tbsp olive oil

1 large sprig of fresh rosemary, leaves only
1–2 tbsp vegetable oil
1 ½ tsp fennel seeds
½ tsp nigella seeds
1 ¾ cups (400ml) tomato puree
1 quart (1 liter) vegetable stock
1 red chile pepper, split and seeded
salt and freshly ground black pepper
handful of fennel leaves

1 Preheat the oven to 400°F (200°C). Cut the fennel and onion into wedges. Slice a cross into the base of each tomato and squeeze the juice and seeds into a bowl. Strain the juice and set aside.

2 Line a roasting pan with parchment paper and add the fennel, onion, peppers, tomatoes, and garlic cloves. Sprinkle over the sugar, drizzle with the olive oil, and scatter the rosemary on top. Roast the vegetables for 1 hour, or until the tomatoes are soft. Cool the vegetables before peeling the blackened skin from the peppers. Peel the garlic and discard the skins.

3 Heat the vegetable oil in a large pan and toss in the fennel and nigella seeds, swirling them around for a few seconds. Pour over the tomato puree, stock, and the reserved tomato juice, and bring to a boil. Add the roasted vegetables, pop the chile pepper into the pan, and season with salt and pepper to taste. Half cover with a lid and simmer for about 45 minutes.

4 Using a blender, process the soup until smooth and press through a sieve. Reheat, re-season, and finish with a sprinkling of fennel leaves.

ROASTED RED PEPPER, FENNEL, AND TOMATO SOUP

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RECIPE BY

THANE PRINCE'S

ALLOTMENT SOUP

This warming recipe is based on a French country soup and is delicious topped with a spoonful of pesto, some chopped fresh parsley or tarragon, or some grated Parmesan.

SERVES 6
PREP 20 MIN
COOK 1 HR 20 MIN
FREEZE UP TO 3 MONTHS
WITHOUT THE GREEN BEANS

3oz (85g) dried navy beans, soaked overnight in water, then drained
2 tbsp olive oil
1 medium leek, finely sliced
1 small turnip, cut into ½in (1cm) dice
2 medium carrots, cut into ½in (1cm) dice
1 large zucchini, cut into ½in (1cm) dice
1 celery rib, cut into ½in (1cm) dice
1 large potato, cut into ½in (1cm) dice
2 tomatoes, peeled and cut into ½in (1cm) dice
2 garlic cloves, finely chopped
2 quarts (2 liters) cold water
sea salt and freshly ground black pepper

6oz (175g) green beans, cut into $^{3}/_{4}$in (2cm) lengths

1 Put the navy beans in a saucepan with plenty of cold unsalted water. Bring to a boil, cover with a lid, and boil for 15 minutes. Lower the heat, then simmer until tender and drain.

2 Meanwhile, heat the oil in a large saucepan, add the leek, turnip, carrots, zucchini, celery, potato, tomatoes, and garlic, and cook, stirring often, for 10–15 minutes or until they are soft but not brown. Add the water, season with salt and pepper, then bring to a boil, cover with a lid, and simmer for 45 minutes or until all the vegetables are tender.

3 Add the cooked navy beans to the pan along with the green beans, and cook for 5 minutes or until tender. Divide the soup among six bowls and serve with some crusty bread.

ALLOTMENT SOUP

RECIPE BY

RAYMOND BLANC, OBE

VEGETABLE AND CHERVIL SOUP

Raymond Blanc, OBE, Chef Patron of Le Manoir aux Quat' Saisons, Oxfordshire (UK), says, "This soup offers a multitude of flavors which can vary with the seasons."

SERVES 4–6
PREP 20 MIN
COOK 10–12 MIN
FREEZE UP TO 3 MONTHS AT END OF STEP 2

1 tbsp (15g) unsalted butter
1 onion, finely chopped
1 garlic clove, finely chopped
2 large carrots, finely sliced
3 celery ribs, sliced into ¼in (½cm) pieces
2 medium leeks, sliced into ¾in (1cm) chunks
salt and freshly ground white pepper
1 quart (1 liter) boiling water
1 large zucchini, halved lengthwise and cut into ¼in (½cm) slices
2 ripe tomatoes, quartered and coarsely chopped
1 tbsp (15g) unsalted butter or sour cream
1 tbsp chervil, finely chopped
crème fraîche, to serve (optional)

1 Melt the butter in a pan and cook the onion, garlic, carrots, celery, and leeks for 5 minutes (do not allow them to color). Season with salt and white pepper.

2 Add the water, zucchini, and tomatoes (using boiling water will reduce the cooking time and also keep the lively colors). Fast boil for another 5 minutes only—it is vital that you do not spoil the fresh, clean flavors of your vegetables by overcooking.

3 Whisk in the butter or sour cream (or both) and add the chervil. Taste and correct the seasoning if required, and blend the soup if you would like a finer texture. Pour into a large tureen and serve to your guests. A spoon of crème fraîche would always be welcome.

RECIPE BY

SOPHIE GRIGSON

CHILLED MELON AND WHITE WINE SOUP

This soup provides an unexpected, beautiful finale to a meal on a warm summer's day. It comes into its own when a ripe cantaloupe is used.

SERVES 6
PREP 10 MIN
PLUS 1–2 HR CHILLING TIME
COOK NONE
FREEZE NOT SUITABLE

1 cantaloupe or other melon, weighing a generous 2¼lb (1kg)
⅔ cup (150g) sugar
2½ cups (600ml) water
1 cup (250ml) dry white wine
lemon juice
⅔ cup (150ml) crème fraîche
almond cookies or meringues, to serve

1 Discard the seeds and scoop the flesh from the melon. Ideally you should have 1½lb (750g) weight, but don't worry if you have more or less. The other quantities can be adjusted to your taste and this will depend more on the strength of the melon's flavor than on its bulk.

2 Dissolve the sugar in the water over low heat, then simmer for 4–5 minutes. Remove from the heat and let cool completely.

3 In a food processor or blender, process the melon with the wine until smooth, then gradually add the cool syrup. Stop when the mixture tastes just a little sweeter than you would ideally like it. Now mix in a few good squeezes of lemon juice and the crème fraîche. Serve chilled, with tiny almond cookies or meringues.

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RECIPE BY

ROOPA GULATI

CHILLED MELON AND GINGER SOUP

This is a soup that is easy to make in a hurry. All that's needed to bring out its fruity flavor is ample time to chill—and a perfectly ripe melon.

SERVES 4
PREP 15 MIN
FREEZE UP TO 1 MONTH
AT THE END OF STEP 3

1 ripe Galia melon, peeled and seeded
1in (2.5cm) piece fresh ginger
1 tsp fennel seeds
7oz (200g) white seedless grapes
juice and grated zest of 1 lime
1 tsp dried mint
4 tbsp Greek yogurt, beaten
salt and freshly ground black pepper

FOR THE GARNISH

2 tbsp fresh mint leaves
pinch of sugar
1oz (25g) crystallized ginger, finely chopped

1 Coarsely chop three quarters of the melon flesh into bite-size chunks. Finely chop the remainder and set aside. Coarsely grate the ginger and squeeze any juice over the melon chunks. Discard the leftover ginger.

2 Heat a sturdy frying pan over low heat and lightly toast the fennel seeds for about 30 seconds, until you smell an anise-like aroma. Grind the seeds to a coarse powder using a mortar and pestle.

3 Put the ground fennel seeds into a blender with the chopped melon and ginger juice. Add the grapes, lime juice and zest, and dried mint. Process until smooth and push through a sieve to remove the skins.

4 Stir in the yogurt, season, and chill thoroughly—it's best to half-freeze this soup, then quickly whisk it just before serving. Spoon into bowls, adding a small pile of the reserved melon to each one. Shred the fresh mint with the sugar, mix with the crystallized ginger and scatter over the soup, then serve immediately.

CHILLED MELON AND GINGER SOUP

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RECIPE BY

SHAUN HILL

CHERRY SOUP

This Hungarian soup is meant to taste fresh rather than sweet. The ratio of lemon to sugar is a guideline, depending on how ripe the cherries are.

SERVES 4
PREP 5 MINS
COOK 15 MINS
FREEZE UP TO 6 MONTHS

10oz (300g) cherries, fresh or canned
2 cups (500ml) white wine
1 cup (200ml) water
scant 2oz (55g) sugar
1 lemon, zest and juice
1 ¼ cups (300ml) sour cream

1 Pit the cherries and reserve the fruit. Add the pits, stems, and any juice to the wine and water in a saucepan over medium heat. Bring to a boil. Simmer, uncovered, for 10 minutes.

2 Strain the liquid into a clean pan and add the reserved fruit, sugar, and lemon. Bring to a boil, then remove from direct heat, and whisk in the sour

cream. Chill well before serving.

CHERRY SOUP

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RECIPE BY

MARIE-PIERRE MOINE

CRAB GAZPACHO

Seafood and tomatoes make a flavorful pair in this delicate summer chilled soup. You can use the cooked clams or mussels in another dish, such as potato salad.

SERVES 4
PREP 30 MIN
COOK 10 MIN
CHILLING 2 HOURS
FREEZE NOT SUITABLE

1lb 2oz (500g) clams or mussels, cleaned
4 tbsp fruity olive oil
1 shallot, finely chopped
2 large scallions, finely chopped
2 garlic cloves, crushed
½ cup (100ml) dry sherry
2 cups (500ml) water
3 sprigs flat leaf parsley, plus 1 tbsp finely chopped parsley to serve
1 tsp fennel seeds, crushed
sea salt and freshly ground black pepper
½ tsp hot paprika
2¼lb (1kg) ripe tomatoes, rinsed and halved
3 tbsp olive oil
2 eggs, hard-boiled and peeled
1 tbsp sherry vinegar
freshly cooked brown and white meat of 1 medium prepared crab
8 croûtes, rubbed with garlic

1 Place a sauté pan over medium heat. Add the clams or mussels along with 1 tbsp oil, the shallot, half the scallions, half the garlic, the sherry, and half the water. Add the parsley sprigs, fennel seeds, salt, pepper, and paprika. Bring to a boil. Cover and cook for 4–5 minutes, shaking a few times, until the shells open. Strain the stock through a muslin-lined sieve into a bowl and let cool completely. Discard any unopened clams or mussels.

2 Put the tomatoes, the cold stock from the mussels, 1 tbsp olive oil, 1 hard-boiled egg yolk and the remaining scallions and garlic in a blender and process until very smooth. Press through a sieve into a bowl. Rinse out the blender or food processor with the remaining water mixed with the sherry vinegar. Pour through the sieve into the bowl.

3 Chill the soup for at least 2 hours. Press the remaining egg yolk through a sieve and finely chop the whites. Mix the brown crab meat with 2 tbsp oil and the egg yolk and whites. Add a little pepper and spread on the croûtes.

4 Ladle the soup into bowls and lightly stir in the white crab meat. Float a croûte on each helping and scatter the chopped parsley over the top.

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CRAB BISQUE

You can buy your crab precooked, or, for optimum freshness, buy it live and cook it yourself. Boiling is the most common way to cook a live crab, although it can also be steamed.

SERVES 4
PREP 45 MIN
COOK 1 HR 10 MIN
FREEZE UP TO 2 MONTHS
BEFORE CREAM IS ADDED

1–2 cooked crabs, about 2¼lb (1kg) total weight
3½ tbsp (50g) butter
olive oil
1 onion, finely chopped
1 carrot, finely chopped
2 celery ribs, finely chopped
1 leek, finely chopped
½ fennel bulb, finely chopped
1 bay leaf
1 sprig of tarragon
2 garlic cloves, crushed
1in (2.5cm) piece ginger, peeled and finely chopped
2½oz (75g) tomato paste
4 tomatoes, coarsely chopped
½ cup (120ml) Cognac or brandy
½ cup (100ml) dry white wine or vermouth
1¾ quarts (1¾ liters) fish stock
½ cup (120ml) light cream
salt and freshly ground black pepper
pinch of cayenne pepper
juice of ½ lemon

chopped chives, to garnish

1 Remove the crab meat from the shell and chop into small pieces. Chop the shell up coarsely and set both shell and meat to one side. Heat the butter and oil in a large saucepan over medium heat. Add the vegetables, herbs, garlic, and ginger. Cook, stirring occasionally, for 10 minutes or until softened.

2 Add the chopped shell, then stir in the tomato paste, tomatoes, Cognac, wine, and stock. Bring to a boil and simmer for 1 hour. Let cool slightly, then blend until smooth. Strain through a coarse sieve, pushing as much liquid through as you can with the back of a spatula, and then press through a fine sieve, making sure to remove the chopped shell.

3 Return the soup to the pan and bring to a boil. Add the crab meat and cream, then season to taste with salt and pepper and add cayenne and lemon juice to taste. Garnish with chives and serve in warm bowls.

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RECIPE BY

CAROLYN HUMPHRIES

MIXED SEAFOOD GUMBO

A rich main meal soup naturally thickened with okra— a classic gumbo ingredient. In its native Louisiana, sweet ground sassafras leaves would be used.

SERVES 6
PREP 20 MIN
COOK 50 MIN
FREEZE UP TO 2 MONTHS
AT THE END OF STEP 2

1 tbsp sunflower oil
1 onion, chopped
2 celery ribs, chopped
1 large garlic clove, chopped
4oz (115g) chorizo, sliced
2 tbsp all-purpose flour
2½ cups (600ml) fish or chicken stock
14½oz (400g) can diced tomatoes
1 green bell pepper, diced

9oz (250g) okra, trimmed and cut into short lengths
¼ tsp cayenne pepper
½ tsp dried oregano
½ tsp superfine sugar
salt and freshly ground black pepper
7oz (200g) mixed raw seafood
8oz (225g) long-grain rice
chopped parsley, to serve

1 Heat the oil in a large saucepan. Add the onion and celery and cook gently, stirring, for about 5 minutes, or until lightly golden. Stir in the garlic and chorizo and cook for 2 minutes. Stir in the flour and cook for another minute. Remove from the heat and gradually blend in the stock, then the tomatoes. Return to the heat and bring to a boil, stirring. Add the remaining ingredients, except the seafood and rice, bring back to a boil, reduce the heat, partially cover, and simmer gently for 30 minutes.

2 Add the seafood and simmer for another 5 minutes, stirring from time to time. Taste and season again to taste.

3 Meanwhile, cook the rice in plenty of boiling, lightly salted water for 10 minutes or until just tender (or as the package directs). Drain in a colander, rinse with boiling water, and drain again.

4 Spoon some rice into each of six large soup bowls. Ladle the gumbo over the top, sprinkle with a little chopped parsley, and serve hot.

MIXED SEAFOOD GUMBO

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BEEF AND GREEN BEAN SOUP

Choose firm, waxy potatoes that will keep their shape and texture in this deliciously savory soup. Cooking the beans until just *al dente* retains maximum taste and color.

SERVES 6
PREP 20 MIN
COOK 1 HR
FREEZE UP TO 3 MONTHS

2 tbsp sunflower oil
1lb 2oz (500g) braising beef (from the shoulder), diced into $^{3}/_{4}$in (2cm) cubes
salt and freshly ground black pepper
1 onion, chopped
2–3 sprigs of thyme
1 quart (1 liter) vegetable stock
1 large waxy potato, cut into chunks
9oz (250g) fresh green beans, trimmed and cut into small pieces
1–2 tbsp chopped fresh parsley (optional)

1 Heat the oil in a pan, season the cubed meat with salt and pepper, and add half the meat to the hot oil. Brown the meat until golden all over. Remove from the pan and repeat with the next batch. When finished, remove all the meat from the pan, add the onion, and cook until softened.

2 Transfer the browned meat back to the pan, tie the thyme sprigs together with kitchen string, and add them to the pan with the stock. Bring to a boil, cover, and cook over medium heat for about 40 minutes.

3 Add the potato, bring back to a boil, cover, and cook for 10–15 minutes, or until just tender. Add the green beans and cook for 4–5 minutes, or until the beans are *al dente*.

4 Remove the thyme. Season to taste with salt and pepper, break up the meat pieces slightly, and sprinkle with parsley, if using, before serving.

BEEF AND GREEN BEAN SOUP

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SOPA SECA DE FIDEOS

This Mexican soup is made with thin *fideo* noodles, which are similar to angel-hair pasta. The avocado and sour cream offset the spiciness of the broth.

SERVES 4
PREP 20 MIN
PLUS 30 MIN SOAKING
COOK 15 MIN
FREEZE NOT SUITABLE

2 dried chipotle chiles
2 large ripe tomatoes, peeled and seeded
2 garlic cloves
1 small onion, coarsely chopped
1 quart (1 liter) chicken stock
3 tbsp vegetable oil
2 boneless skinless chicken breasts, diced
8oz (225g) Mexican *fideo* noodles or dried angel-hair pasta
4 tbsp sour cream, to serve
1 avocado, pit removed, chopped, to serve

1 Soak the dried chiles in water for 30 minutes, then drain, discarding the soaking water. Using a blender, process the tomatoes, garlic, onion, chiles, and 2 tbsp of the stock until smooth. Set aside.

2 Heat 2 tbsp of the oil in a large pan over medium heat. Add the chicken and stir-fry for 2–3 minutes, or until just cooked. Remove from the pan, drain on paper towels, and set aside.

3 Pour the remaining oil into the pan, add the noodles, and cook over low heat, stirring constantly, until the noodles are golden.

4 Pour in the tomato mixture, stir until the noodles are coated, then add the remaining stock and return the chicken to the pan. Cook for 2–3 minutes, or until the noodles are just tender. To serve, ladle into bowls, topping each with sour cream and chopped avocado.

SOPA SECA DE FIDEOS

RECIPE BY

SHAUN HILL

AVGOLEMONE

This lemon, chicken, and rice soup is claimed by countries across the eastern Mediterranean. The stock must be well flavored, or it will not withstand the lemon juice.

SERVES 4
PREP 5 MIN
COOK 20 MIN
FREEZE NOT SUITABLE

¼ cup (50g) long-grain rice
1¼ quarts (1¼ liters) well-flavored chicken stock
3 eggs
juice of 1 large lemon
salt and freshly ground black pepper
lemon wedges, to serve

1 Bring the rice and stock to a boil in a saucepan. Simmer, uncovered, for 15 minutes, or until the rice is completely cooked.

2 Whisk the eggs and lemon juice in a bowl until the mixture becomes frothy. Add a ladleful of hot stock and continue to whisk.

3 Remove the rice and stock from direct heat. Whisk the egg, lemon, and stock mixture into it. Return to the heat and cook gently and briefly at a temperature below boiling point, whisking until the texture is velvety—do not allow to boil. Season with salt and pepper and serve with lemon wedges.

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RECIPE BY

CAROLYN HUMPHREYS

CHINESE EGG DROP SOUP

This can be a simple chicken broth with just the drizzled egg, but it's more tasty and filling with the addition of vegetables and Chinese seasonings.

SERVES 4
PREP 5 MIN
COOK 25 MIN
FREEZE NOT SUITABLE

1 quart (1 liter) chicken stock
1 garlic clove, crushed
½ tsp grated fresh ginger
2 scallions, chopped
2 tbsp soy sauce
½ tsp Chinese five-spice powder
2 ears of corn or 7oz (200g) canned sweet corn
2 good handfuls of fresh baby leaf spinach
2 tbsp cornstarch
4 tbsp water
2 eggs, beaten

1 Put the stock in a pan with the garlic, ginger, scallions, soy sauce, and five-spice powder. If using fresh corn, place each ear of corn on its end and slide a sharp knife down the length to remove all the kernels. Add the kernels to the pan, bring to a boil, reduce the heat, cover, and simmer gently for 20 minutes.

2 Add the canned sweet corn if using, including any liquid, and the spinach. Bring back to a boil, reduce the heat, and simmer for 1 minute or until the spinach has just wilted. Taste and add more soy sauce if necessary.

3 Blend the cornstarch with the water and stir into the pan. Bring back to a boil and simmer, stirring, for 1 minute to thicken slightly. Gradually trickle in the beaten egg, stirring gently, so that it forms thin strands. Serve in warm soup bowls.

GERMAN CHICKEN BROTH

Based on a Thuringian vegetable soup, this recipe requires a good-quality, well-flavored chicken stock, so make your own for best results.

SERVES 4–6
PREP 10 MIN
COOK 25 MIN
FREEZE UP TO 3 MONTHS
AT THE END OF STEP 1

1¼ quarts (1¼ liters) chicken stock
5oz (150g) green beans, ends trimmed and strings removed
2 large carrots, peeled and sliced
7oz (200g) kohlrabi, diced
5½oz (150g) sugar snap peas, ends trimmed
salt and freshly ground black pepper
heavy cream, to serve
1 bunch chervil, finely chopped

1 Bring the stock to a boil in a medium-sized saucepan, add the green beans, and simmer for 5 minutes. Add the carrots and kohlrabi and cook for another 5 minutes, then add the sugar snap peas and cook for 5 minutes more—be careful not to overcook these or they will lose their delightful crunchiness.

2 Season with salt and pepper and remove the pan from the heat. Ladle into serving bowls, add a swirl of cream to each, and sprinkle with chervil before serving.

PEA AND SAUSAGE SOUP

Try this hearty soup with slices of dark German rye bread and a glass of white wine or wheat beer. If you can't get Toulouse sausages or kielbasa, any good-quality sausage will do.

SERVES 6
PREP 20 MIN
COOK 20 MIN
FREEZE NOT SUITABLE

2 tbsp (30g) butter
1 large carrot, peeled and diced
1 small leek, diced
2 celery ribs, diced
1 medium potato, peeled and diced
½ bunch fresh parsley, chopped
½ cup (125ml) dry white wine
1¼ quarts (1¼ liters) hot chicken stock
3 Toulouse sausages or kielbasa
1lb 10oz (750g) peas (frozen or fresh)
salt and freshly ground black pepper

1 Preheat the oven to 350°F (180°C). In a large saucepan, melt the butter and add the carrot, leek, celery, and potato and cook, stirring, until softened. Add the parsley, wine, and stock and simmer for 15 minutes.

2 Place the sausages on a baking sheet and cook, turning occasionally, for 15–20 minutes, or until cooked through and golden brown on all sides, then slice and set aside.

3 Add the peas to the pot and cook for 3–4 minutes, or until just *al dente*. Season and puree in a blender. Return to the pot and heat through. Serve in 6 bowls, garnished with the sliced cooked sausage.

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FALL

SEASON'S BEST

The harvest festival that is fall celebrates a wide range of produce and offers unusual flavors. Gin, stilton, and beer all make a guest appearance alongside more traditional fall ingredients such as squash, mushrooms, sweet potato, and beets. There are lighter soups for warmer days, such as carrot and lemongrass, or richer offerings for when the temperature drops, such as a hearty pumpkin and apple soup or an earthy beet soup with goat cheese.

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RECIPE BY

MONTY DON

PUMPKIN SOUP

A thick, creamy soup with an amazing vivid orange color. If you are using a stock cube, be sure to taste the soup before adding any extra salt.

SERVES 6
PREP 10 MIN
COOK 20 MIN
FREEZE UP TO 3 MONTHS
WITHOUT THE SAGE GARNISH

1 tbsp olive oil
1 small pumpkin (or part of a large one), about 1lb 10oz (750g) in total, peeled and cubed
2 medium potatoes, peeled and cubed
2½ cups (600ml) vegetable stock
2 tomatoes, chopped
4 fresh sage leaves
sea salt and freshly ground black pepper

FOR THE GARNISH
olive oil, for frying
18 large fresh sage leaves

1 Heat the oil in a saucepan and cook the pumpkin and potatoes for 5 minutes. Add the stock, tomatoes, and fresh sage leaves. Cover and simmer for about 10 minutes, until the vegetables are soft.

2 Using a blender, process the soup until smooth, then gently reheat. Season with salt and pepper, to taste.

3 For the garnish, heat a little oil in a frying pan and, once hot, fry the large sage leaves until crisp. Scatter the crispy leaves over the soup and serve immediately.

PUMPKIN SOUP

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RECIPE BY

JEANETTE ORREY

PUMPKIN AND APPLE SOUP

You can cook the apples whole since you will be straining the end result. For special occasions, use dry sherry or white wine instead of water.

SERVES 6
PREP 20 MIN
COOK 40 MIN
FREEZE UP TO 3 MONTHS

4 tbsp (60g) unsalted butter
1 medium onion, finely chopped
7oz (200g) pumpkin flesh, diced
2 sharp-tasting apples such as Granny Smith, diced
½ cup (150ml) hot water
4 cups (1.2 liters) cold vegetable stock or chicken stock
salt and freshly ground black pepper
2 tsp toasted pumpkin seeds, to garnish

1 Melt the butter in a large saucepan, add the onion, and cook very gently, stirring often, for 10 minutes or until soft. Do not let it brown. Add the

pumpkin and apples and stir to coat well. Pour in the hot water, cover with a lid, and leave on very, very low heat for 30 minutes, stirring from time to time. If the liquid evaporates, pour in a little more hot water. The vegetables and fruit should be very soft at the end of cooking.

2 Stir in the stock, then blend the soup in batches. As each batch is done, pour it into a sieve set over a clean saucepan. Press the contents through with the back of a ladle, a wooden spoon, or a pestle.

3 When all the soup has been strained, reheat it very gently, then season to taste with salt and pepper. Serve garnished with the toasted pumpkin seeds.

PUMPKIN AND APPLE SOUP

RECIPE BY

ANGELA NILSEN

CARROT SOUP WITH COCONUT AND LEMONGRASS

This spicy carrot soup makes an elegant appetizer. Serve it with lime wedges so that guests can adjust the flavor to their liking.

SERVES 4
PREP 15 MIN
COOK 35 MIN
FREEZE UP TO 3 MONTHS

2 tbsp vegetable oil or sunflower oil
1 onion, chopped
1 lemongrass stalk, trimmed and tough outer layer discarded
2 garlic cloves, chopped
2 tsp finely grated fresh ginger
1 tbsp red Thai curry paste
1lb (450g) carrots, sliced
1 quart (1 liter) hot vegetable stock
3 lime leaves
¾ cup (165ml) coconut milk
salt and freshly ground black pepper
lime wedges, to serve

1 Heat the oil in a large saucepan, add the onion, and cook for 3–4 minutes or until starting to soften. Meanwhile, finely chop the lemongrass, then add to the pan along with the garlic and ginger, and cook for 2 minutes. Add the curry

paste and cook for 1 minute, stirring all the time, then add the carrots and cook for 2 minutes. Pour in the stock, add the lime leaves, and simmer for 20–25 minutes or until the carrots are tender.

2 Remove from the heat and take out and discard the lime leaves. Pour in the coconut milk, then process in a blender or food processor until smooth. The soup shouldn't be too thick—dilute with more stock if it is. Season to taste, then serve with a grinding of black pepper and lime wedges.

RECIPE BY

MARIE-PIERRE MOINE

CARROT CREAM WITH ONION AND CUMIN

Pressing this colorful, zingy soup through a sieve may seem tedious, but it does wonders for the texture and is worth the effort.

SERVES 4
PREP 20 MIN
COOK 30 MIN
FREEZE UP TO 3 MONTHS
BEFORE CREAM IS ADDED

2 tbsp sunflower or olive oil
2 large Spanish onions, peeled and coarsely chopped
1 tsp cumin seeds
1 tsp ground cumin
2¼lb (1kg) carrots, peeled and coarsely chopped
1½ quarts (1½ liters) water
sea salt and freshly ground black pepper
juice and grated zest of 1 small unwaxed orange
½ cup (120ml) light cream
1 tbsp finely chopped flat-leaf parsley

1 Place a large sauté pan over medium-high heat. Add the oil and stir in the onion and cumin. Cook for 3–5 minutes, or until softened, stirring frequently. Add the carrots and water, then season lightly with salt and pepper. Bring to a boil, reduce the heat, cover, and simmer gently for 20 minutes, or until the carrots are very tender. Turn off the heat and let cool a little.

2 Pour into a blender or food processor and process until smooth. Place a sieve over a saucepan (or the sauté pan if possible). Pour the soup into the sieve and press it through with the back of a wooden spoon.

3 Taste and adjust the seasoning. Stir in the orange juice and zest. Reheat until piping hot and stir in the cream, then the parsley. Season with a little extra pepper. Serve hot.

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CARROT AND ORANGE SOUP

A light, refreshing soup with a hint of spice, this is the perfect start to a fall meal. Try adding a swirl of cream or a spoonful of low-fat plain yogurt before serving.

SERVES 4
PREP 10 MIN
COOK 40 MIN
FREEZE UP TO 3 MONTHS

2 tsp extra-virgin olive oil or sunflower oil
1 leek, sliced
1lb 2oz (500g) carrots, sliced
1 potato, about 4oz (115g), chopped
½ tsp ground coriander
pinch of ground cumin
1¼ cups (300ml) orange juice
2 cups (500ml) vegetable or chicken stock
1 bay leaf
salt and freshly ground black pepper
2 tbsp chopped cilantro, to garnish

1 Put the oil, leek, and carrots in a large saucepan and cook over low heat for 5 minutes, stirring frequently, or until the leek has softened. Add the potato, coriander, and cumin, then pour in the orange juice and stock. Add the bay leaf and stir occasionally.

2 Increase the heat, bring the soup to a boil, then lower the heat, cover, and simmer for 40 minutes, or until the vegetables are very tender.

3 Let the soup cool slightly, then transfer to a blender or food processor and process until smooth, working in batches if necessary.

4 Return to the saucepan and add a little extra stock or water if the soup is too thick. Bring back to a simmer, season with salt and pepper, then transfer to heated serving bowls and sprinkle with chopped cilantro.

CARROT AND ORANGE SOUP

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RECIPE BY

SOPHIE GRIGSON

MAPLE-ROASTED CARROT AND GINGER SOUP

The maple syrup helps the carrots caramelize in the oven, giving this soup its deep, rich flavor. If you cannot find lovage, use chopped chives to finish.

SERVES 8
PREP 20 MIN
COOK 55–65 MIN
FREEZE UP TO 3 MONTHS

4½lb (2kg) carrots, cut roughly into little-finger-sized pieces
2 onions, cut into eighths
1¾in (4cm) piece of ginger, cut into matchsticks
4 garlic cloves, peeled
3 tbsp sunflower oil
4 tbsp maple syrup
1½ quarts (1½ liters) chicken or vegetable stock
salt and freshly ground black pepper
a couple of squeezes of lemon juice (optional)
chopped lovage or chives, to serve

1 Preheat the oven to 425°F (220°C). Place the carrots in a roasting pan with onion, ginger, garlic, sunflower oil, and maple syrup. Mix thoroughly with your hands, then smooth down lightly. Roast for about 45–60 minutes, turning occasionally, until the vegetables are very tender and patched here and there with brown.

2 Cool slightly, then scrape into a blender, including as much of the brown sticky residue at the bottom of the pan as you can scrape off. Add half the stock and blend until smooth, adding more stock if necessary. You may need to do this in batches.

3 Pour into a saucepan and stir in the last of the stock, adding extra if necessary to thin the soup. Season with salt and pepper and taste. Add a couple squeezes of lemon juice if you find the sweetness too intense. Heat thoroughly just before serving, and sprinkle each bowlful with chopped lovage or chives.

RECIPE BY

ANNA DEL CONTE

MIXED MUSHROOM SOUP

This simple soup recipe with onion, garlic, and parsley brings out the flavor of mixed wild mushrooms beautifully. Delicious served with sour cream.

SERVES 4
PREP 15 MIN
COOK 1 HR
FREEZE UP TO 3 MONTHS

4½ tbsp (75g) unsalted butter
1 cup onions, finely chopped
1 garlic clove, finely chopped
1 tbsp (15g) flat-leaf parsley, chopped
8oz (225g) mixed wild mushrooms, diced
4 tbsp milk
salt and freshly ground black pepper
grated nutmeg
4 tbsp all-purpose flour
1¼ quarts (1¼ liters) vegetable or chicken stock
4 tbsp sour cream

1 Heat half the butter with the onion, garlic, and parsley in a sauté pan and cook for 3 minutes. Add the mushrooms and sauté for another 3 minutes. Pour in the milk and season with salt and nutmeg. Cook for a few more minutes and set aside.

2 In another saucepan, melt the remaining butter. Remove the pan from the heat and beat in the flour. Return the pan to low heat and cook until the mixture deepens in color. Remove the pan from the heat once more, and add the stock gradually by the ladleful. Stir constantly to keep lumps from forming, and return the pan to low heat.

3 When all the stock has been combined with the flour, add the mushroom mixture and the juices. Bring to a boil and simmer for 15–20 minutes. Season with salt and pepper to taste. Spoon a tablespoon of sour cream into each bowl and serve.

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MUSHROOM SOUP

Using a selection of both wild and cultivated mushrooms produces a soup bursting with flavor. The horseradish cream provides a welcome kick.

SERVES 4
PREP 10 MIN
COOK 45 MIN
FREEZE UP TO 3 MONTHS

2 tbsp butter
1 onion, finely chopped
2 celery ribs, finely chopped
1 garlic clove, crushed
1lb (450g) mixed mushrooms, coarsely chopped
7oz (200g) potatoes, peeled and cubed
1 quart (1 liter) vegetable stock
2 tbsp finely chopped fresh parsley
salt and freshly ground black pepper
horseradish cream, to serve (optional)

1 Melt the butter in a large saucepan, add the onion, celery, and garlic, and cook for 3–4 minutes, or until softened.

2 Stir in the mushrooms and continue to cook for another 5–6 minutes. Add the potatoes and the stock, and bring to a boil. Reduce the heat and let simmer gently for 30 minutes.

3 Using a blender, process the soup until smooth, working in batches if necessary. Sprinkle the parsley over the top and season to taste with salt and pepper. Serve immediately, stirring a little horseradish cream into each soup bowl, if desired, for an extra kick.

MUSHROOM SOUP

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PORCINI MUSHROOM SOUP

This hearty Italian country soup has deep, earthy flavors. Check the mushrooms after soaking, because there may be bits of dirt or straw that need to be removed.

SERVES 4
PREP 20 MIN
PLUS 30 MIN STANDING
COOK 1 HR
FREEZE UP TO 3 MONTHS
WITHOUT THE BREAD

1oz (30g) dried porcini mushrooms
1 ¼ cups (300ml) boiling water
3 tbsp extra virgin olive oil, plus extra to serve
2 onions, finely chopped
2 tsp chopped fresh rosemary leaves
1 tsp fresh thyme leaves
2 garlic cloves, finely sliced
4oz (115g) chestnut mushrooms, sliced
2 celery ribs with leaves, finely chopped
14 ½oz (400g) can diced tomatoes
3 ¼ cups (750ml) vegetable stock
salt and freshly ground black pepper

½ stale ciabatta or small crusty white loaf, torn into chunks

1 Put the dried porcini mushrooms in a heatproof bowl, pour over the water, and let stand for 30 minutes. Drain, reserving the soaking liquid, then chop any large pieces of porcini.

2 Heat the oil in a saucepan, add the onions, cover, and let cook for 10 minutes, or until soft. Add the rosemary, thyme, garlic, chestnut mushrooms, and celery, and continue cooking, uncovered, until the celery has softened.

3 Add the tomatoes, porcini, and the stock. Strain the soaking liquid through a piece of muslin or a fine sieve into the pan. Bring the soup to a boil, then lower the heat and simmer gently for 45 minutes.

4 Season to taste with salt and pepper, and add the chunks of bread. Remove the pan from the heat. Cover and let stand for 10 minutes before serving. Spoon into deep bowls and drizzle each serving with a little olive oil.

PORCINI MUSHROOM SOUP

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KOHLRABI SOUP WITH PESTO

If you are a fan of smooth soups, you can process this in a blender at the end of step 1 and then swirl the pesto through the resulting delicate, light green puree.

SERVES 6
PREP 5 MIN
COOK 15 MIN
FREEZE UP TO 3 MONTHS

1 tbsp (25g) butter
3–4 kohlrabi, cut into bite-size dice
1 quart (1 liter) hot vegetable stock
2 tbsp crème fraîche
salt and freshly ground black pepper
6 tsp pesto, to garnish

1 Melt the butter in a heavy saucepan, add the kohlrabi, and cook for 5 minutes or until light golden brown. Pour in the stock and bring to a boil. Add the crème fraîche and season with salt and pepper. Cook for 8–10 minutes or until the kohlrabi is tender but not mushy.

2 Taste and adjust the seasoning, then ladle the soup into warm bowls and garnish each with a teaspoon of pesto.

RECIPE BY

JEFF COX

BROCCOLI SOUP

Jeff Cox was an editor on one of America's first organic gardening magazines, and now writes on cooking and gardening from his home in Sonoma, California.

SERVES 4–6
PREP 10 MIN
COOK 40 MIN
FREEZE UP TO 3 MONTHS
AT THE END OF STEP 3

1 tbsp lemon juice
1 ½lb (675g) broccoli florets
3 tbsp (45g) butter
2–3 celery ribs, finely chopped
2 leeks, white parts only, chopped
4 tbsp all-purpose flour
1 ½ quarts (1 ½ liters) hot chicken stock
salt and freshly ground black pepper
½ cup (125ml) heavy cream
2 tbsp snipped chives, to serve

1 Bring a large pot of salted water to a boil and add ½ tbsp of the lemon juice. Add half the broccoli and cook for 3 minutes, or until just tender. Remove to a colander and run cold water over them to stop the cooking. Let them drain and set aside.

2 In a large saucepan, melt the butter over medium-low heat. Add the celery and leeks and cook, stirring, for 5–7 minutes or until the vegetables are tender. Add the flour and stir it in thoroughly, then whisk in the stock until the flour is entirely absorbed. Turn the heat to high and bring to a vigorous boil, then reduce the heat to low and simmer for 5 minutes.

3 Chop the uncooked broccoli into small pieces and add to the soup. Simmer for 15 minutes, or until very tender. Process in a blender until almost smooth —you want to retain a slightly grainy texture.

4 Return the puree to the saucepan, season to taste with salt, pepper, and the rest of the lemon juice, then add the cream and the reserved broccoli. Reheat and serve, sprinkled with chives.

RECIPE BY

SOPHIE GRIGSON

GARLIC BROTH

In Provence, they say *aïgo boulido sauvo la vido*—"garlic broth saves your life." Ten cloves of garlic go into this dish, yet it is not terrifyingly garlicky.

SERVES 4
PREP 15 MIN
COOK 20 MIN
FREEZE NOT SUITABLE

10 garlic cloves, crushed
6 sage leaves
1 bay leaf
1 large sprig of thyme
2 tbsp extra virgin olive oil, plus extra to drizzle
1 quart (1 liter) water or light chicken stock
salt and freshly ground black pepper
8 croûtes
1 garlic clove, halved (optional)
3 egg yolks
grated Gruyère, to serve

1 Put the garlic into a saucepan with the sage, bay leaf, thyme, oil, water or stock, and some salt and pepper. Bring to a boil, then simmer gently for 15 minutes. Meanwhile, rub one side of each croûte with the cut clove of garlic, if using, and place two in each bowl. Drizzle a little oil over each one.

2 Turn off the heat and pick out and discard the bay leaf and thyme (but not the sage). Whisk 3 tbsp of the hot soup into the egg yolks, then pour everything back into the pan and stir. Taste and adjust the seasoning, then transfer the soup to a hot tureen. Ladle the soup into the bowls and serve at once, passing around the Gruyère for topping.

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RECIPE BY

MARIE-PIERRE MOINE

ONION AND GARLIC SOUP

This is excellent with croûtes. Top them with grated Gruyère or Cheddar and some freshly ground black pepper, then put them under the broiler until bubbling.

SERVES 4
PREP 20 MIN
COOK 40 MIN
FREEZE NOT SUITABLE

1 tbsp olive oil
1 tbsp (15g) butter
1 Spanish onion, finely chopped
1 large shallot, very finely chopped
sea salt and freshly ground black pepper
½ cup (100ml) hot water
1 small head of garlic, broken up into individual cloves but left unpeeled
⅔ cup (150ml) dry white wine
2½ cups (600ml) hot vegetable stock or chicken stock
½ cup (100ml) whole or 2% milk
2 egg yolks
4 heaped tbsp heavy cream
1 heaped tsp Dijon mustard

❙ Heat the oil and butter in a large sauté pan or other heavy-bottomed pan over medium heat. Add the onion and shallot, season lightly with salt and pepper, and cook for 3 minutes, stirring constantly. Lower the heat, add the

hot water, and cook gently, stirring frequently, for 20 minutes or until the water has evaporated and the onion mixture is very soft.

2 Meanwhile, bring some lightly salted water to a boil in a small pan. Add the garlic and bring back to a boil, then lower the heat and simmer for 10–15 minutes or until very soft. Drain, then refresh under cold running water. Pour the wine, stock, and milk into the onion mixture and bring to a simmer over medium heat, stirring occasionally.

3 Working over a bowl, squeeze each garlic clove between your thumb and forefinger until the flesh pops out. Add the egg yolks, then mash the garlic, stirring to make a smooth mix. Gradually whisk in the cream. Pour in 3 tbsp of the simmering soup and whisk well. Season lightly with salt and pepper. Whisking vigorously, pour or spoon the garlic mixture into the soup, keeping the pan over low heat. Stir in the mustard, adjust the seasoning, and serve.

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FRENCH ONION SOUP

This Parisian classic is given extra punch with a spoonful of brandy in every bowl. Serve it the moment you've made it—French onion soup is best piping hot.

SERVES 4
PREP 10 MIN
COOK 1 HR 20 MIN
FREEZE UP TO 1 MONTH
WITHOUT THE CROÛTES AND CHEESE

2 tbsp (30g) butter
1 tbsp sunflower oil
1 ½lb (675g) onions, thinly sliced
1 tsp sugar
salt and freshly ground black pepper
½ cup (120ml) red wine
2 tbsp all-purpose flour
1 ½ quarts (1 ½ liters) hot beef stock
4 tbsp brandy
8 croûtes
1 garlic clove, cut in half
4oz (115g) Gruyère or Emmental, grated

1 Melt the butter with the oil in a large, heavy pan over low heat. Add the onions and sugar and stir to coat well. Season with salt and pepper, then press a piece of damp wax paper on top of the onions. Cook, uncovered, stirring occasionally, for 40 minutes or until they are a rich dark brown color. Make sure that they do not stick and burn.

2 Remove the wax paper and stir in the wine. Increase the heat to medium and stir for 5 minutes while the onions glaze. Sprinkle in the flour and stir for 2 minutes, then pour in the stock and bring to a boil. Reduce the heat to low, cover with a lid, and let simmer for 30 minutes. Taste and season with salt and pepper, if necessary.

3 Preheat the grill to its highest setting. Divide the soup among fire-resistant bowls and stir 1 tbsp of the brandy into each. Rub the croûtes with the cut garlic and place one in each bowl. Sprinkle with the cheese and grill for 2–3 minutes or until the cheese is bubbling and golden. Serve at once.

FRENCH ONION SOUP

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RECIPE BY

ROOPA GULATI

ONION AND ALMOND SOUP

Meltingly soft onions make a flavorful base for this lightly spiced soup enriched with almonds and sweetened with a hint of caramel.

SERVES 4
PREP 20 MIN
PLUS 2 HOURS SALTING
COOK 1 HR
FREEZE UP TO 2 MONTHS
BEFORE CREAM IS ADDED

1 onion, very finely sliced
½ tsp sea salt
vegetable oil, to deep-fry
3½oz (100g) almonds (with skins on)
3¼ cups (750ml) hot chicken stock
4 tbsp (60g) butter
¼ tsp nigella seeds
4 large onions, diced
1 red chile, chopped
1 tsp dark brown muscovado sugar
2 tbsp balsamic vinegar

½ cup (120ml) light cream
salt and freshly ground black pepper

1 For a fried onion garnish, put the onion slices in a shallow dish, sprinkle with the sea salt, then set to one side for at least 2 hours. Using your hands, squeeze out the liquid, then pat dry with paper towels. Deep-fry in hot oil for 1–2 minutes or until golden, then drain on paper towels.

2 Bring a small pan of water to a boil, add the almonds, turn off the heat, and cover with a lid. Let soak for 15 minutes, then drain and slip off the skins once the nuts are cool enough to handle. Transfer to a food processor with ½ cup of the stock, then process to a paste and set aside.

3 Meanwhile, melt the butter in a large pan, add the nigella seeds, and cook over low heat for 1 minute. Stir in the onions and chile, cover, and cook over very low heat for 20–30 minutes or until soft but not brown, then turn up the heat and remove the lid. When the onions begin to turn golden in color, stir in the sugar and cook until it starts sticking to the bottom of the pan. Add the vinegar and continue cooking until sticky.

4 Add the rest of the stock and the almond paste and simmer for 20 minutes. Process the soup until smooth in a blender, then return to the pan, stir in the cream, and season with salt and pepper. Reheat gently and serve garnished with the fried onions.

ONION AND ALMOND SOUP

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RECIPE BY

SALLY CLARKE

BEET AND TOMATO SOUP

This chilled soup will always go down well on an early fall day. Fresh-tasting and with just the right amount of acidity, it can be enjoyed for lunch or dinner.

SERVES 6
PREP 20 MIN
PLUS 3 HR CHILLING
COOK 55 MIN
FREEZE UP TO 3 MONTHS
AT THE END OF STEP 2

½ head garlic, coarsely chopped
1 large onion, coarsely chopped
4 celery ribs, coarsely chopped
1 bulb fennel, coarsely chopped
6 tbsp olive oil, plus extra to garnish
1lb 2oz (500g) very ripe plum tomatoes, coarsely chopped
1lb 2oz (500g) very ripe beefsteak tomatoes, coarsely chopped
9oz (250g) cooked beets, coarsely chopped
2 tbsp freshly chopped basil (stems reserved), plus 6 sprigs, to garnish
salt and freshly ground black pepper
1¾oz (50g) red, yellow, or pink baby beets, to garnish
1 tbsp chives, with blossoms if available, to garnish
4oz (115g) red, yellow, or orange cherry tomatoes, to garnish
crème fraîche, to garnish (optional)

❙ Preheat the oven to 400°F (200°C). In a large, heavy saucepan over low heat, cook the garlic, onion, celery, and fennel in the oil, stirring, for 6–8

minutes. Add the tomatoes, beets, and basil stems and season. Barely cover with water, bring to a boil, then place, uncovered, in the oven for 40 minutes.

2 Transfer to a blender and process until smooth, adding a little water if necessary. Pass through a sieve, pushing as much as you can through with the back of the ladle. Season, then chill in the fridge for at least 3 hours.

3 Cook the baby beets in boiling salted water for 20–25 minutes or until tender, then drain, cool, and peel. Trim the ends, then halve or quarter, depending on size. Season and stir in half the chopped basil, half the chives, and a drizzle of oil. Halve and season the cherry tomatoes.

4 Stir the soup well, check the seasoning, and half-fill six chilled bowls. Spoon the baby beets and cherry tomatoes into the center of each bowl, then garnish with a drizzle of olive oil or a generous scoop of crème fraîche, the basil sprigs, and the rest of the chives, snipped.

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BORSCHT

This thickly textured, satisfying soup is a Russian classic to enjoy at any time of year and on any occasion. Try it with grated carrots piled on top and chunks of dark rye bread.

SERVES 4
PREP 15 MIN
COOK 1½ HR
FREEZE UP TO 3 MONTHS

3 tbsp (45g) butter
2 large beets, coarsely grated
1 onion, coarsely grated
1 carrot, coarsely grated
1 celery rib, coarsely grated
14½oz (400g) can diced tomatoes
1 garlic clove, crushed (optional)
1¾ quarts (1¾ liters) hot vegetable stock
2 bay leaves
4 cloves
2 tbsp lemon juice
salt and freshly ground black pepper
¾ cup (200ml) sour cream

❙ Melt the butter in a large saucepan over medium heat. Add the beets, onion, carrot, and celery, and cook, stirring, for 5 minutes or until just softened. Add the tomatoes and garlic, if using, and cook for 2–3 minutes, stirring frequently, then stir in the stock.

2 Tie the bay leaves and cloves in a small piece of muslin or cheesecloth and add to the pan. Bring the soup to a boil, then lower the heat, cover, and simmer for 1 hour 20 minutes. Discard the muslin bag, stir in the lemon juice, and season to taste with salt and pepper. Ladle the soup into warm bowls and add a swirl of sour cream to each one.

RECIPE BY

SOPHIE GRIGSON

BEET AND GIN SOUP

For adults only, with a finishing kick of gin, this dramatic-looking dark pink dish carries distinct eastern European flavors of dill, caraway, and sour cream.

SERVES 4–6
PREP 10 MIN
COOK 50 MIN
FREEZE UP TO 3 MONTHS
WITHOUT THE GIN

2 stems of fresh parsley
1 bay leaf
2 large sprigs of fresh dill or fennel
2 tbsp sunflower oil
1 onion, chopped
½ tbsp caraway seeds
3 tbsp arborio rice
1½lb (650g) beets, peeled and grated
1 tbsp lemon juice
1 quart (1 liter) beef stock, chicken stock, or vegetable stock
salt and freshly ground black pepper
½ cup (120ml) water
2 tbsp gin or vodka
sour cream or crème fraîche, to serve
chopped fresh dill or chives, to serve

❙ Make a bouquet garni using the parsley, bay leaf, and sprigs of dill or fennel. Heat the oil in a saucepan and cook the onion, caraway, and bouquet garni

over low heat, covered, for 10 minutes.

2 Add the rice to the pan, and stir for about 1 minute to coat it in the juices. Add the beets and lemon juice (to set the color), and continue cooking, stirring constantly, for another 2–3 minutes.

3 Pour in the stock, season with salt and pepper, and bring to a boil. Simmer for 25–30 minutes, until both the beets and rice are tender. Remove and discard the bouquet garni. Add the water to the pan.

4 Using a blender, process the soup until smooth, in batches if necessary. Return to the pan, adjust the seasoning, and stir in the gin. Reheat thoroughly, without letting the soup boil. Serve steaming hot, with a generous swirl of sour cream in each and a sprinkling of dill or chives.

RECIPE BY

REBECCA SULLIVAN

BEET SOUP WITH TOMATOES AND GOAT CHEESE

This is a fantastic way to cook beets. The distinctive flavor of the goat cheese complements the round sweetness of the beets.

SERVES 4
PREP 20 MIN
COOK 45 MIN
FREEZE UP TO 3 MONTHS
AT THE END OF STEP 2

1lb 2oz–1lb 5oz (500–600g) beets
1lb 2oz (500g) ripe tomatoes, halved
9oz (250g) apples, diced
2 tbsp olive or sunflower oil
1 medium onion, peeled and finely chopped
2 cups (500ml) strong beef stock
salt and freshly ground black pepper
4½oz (125g) hard goat cheese

1 Preheat the oven to 375°F (190°C). Wearing gloves to keep from staining your hands, peel, and coarsely grate the beets and set aside, then place the tomatoes and apples in an ovenproof dish and drizzle with half the oil. Roast for 25–30 minutes, or until soft and pulpy, then press them through a sieve to remove the skin and seeds.

2 Heat the remaining oil in a pan and cook the onion for 6–8 minutes until soft. Add the beets and stock and bring to a boil, then season with salt and pepper and simmer gently for 10 minutes, or until the beets are tender. Stir in the tomato and apple mixture, transfer to a blender, and process until completely smooth. Taste and adjust the seasoning.

3 To serve cold, chill the soup in the refrigerator then divide between six bowls. To serve hot, reheat until piping hot but not boiling. In either case, crumble the cheese over each bowl and serve with crusty bread.

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RECIPE BY
JULIET KINDERSLEY

BEET AND APPLE SOUP

This soup should be sharp, sweet, and spiced—the juice of a whole lemon, one or two tablespoons of sugar, and quite a generous seasoning of salt and pepper are recommended.

SERVES 6–8
PREP 20 MIN
COOK 1 HR
FREEZE UP TO 3 MONTHS
WITHOUT THE HERB CREAM

1 onion, halved
2 garlic cloves
3 tbsp olive oil
salt and freshly ground black pepper
12oz (350g) raw beets, peeled and halved
1 potato, halved
4 eating apples, peeled and cored
1½ quarts (1½ liters) hot vegetable stock or chicken stock
1–2 tbsp dark brown sugar
juice of 1 lemon

2 tbsp finely chopped parsley, chives, dill, or cilantro, or a mixture
7oz (200g) crème fraîche, sour cream, or thick creamy yogurt

1 Briefly process the onion and garlic in a food processor. Heat the oil in a large pan over low heat, add the onion, garlic, and a pinch of salt, and cook gently, stirring once or twice, for 5 minutes or until soft. Meanwhile, grate the beets, potato, and apples in the food processor.

2 Add the beets, potato, and apples to the pan and stew gently for 10 minutes, stirring occasionally. Pour in the stock, bring to a boil, then cover with a lid and simmer gently for 45 minutes or until the beets are cooked through.

3 Transfer the mixture to a blender and process until smooth. You may need to do this in batches. Season with the sugar, lemon juice, and some salt and pepper.

4 Stir the chopped herbs into the cream or yogurt, then ladle the soup into warm bowls and drop a big spoonful of green-speckled cream into the middle of the deep pink soup.

BEET AND APPLE SOUP

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RECIPE BY

CLODAGH MCKENNA

BUTTERNUT SQUASH SOUP

The addition of nutmeg to this recipe gives the soup a wonderfully distinctive flavor. Be generous with the nutmeg for the best, and tastiest, results.

SERVES 4
PREP 10 MIN
COOK 25 MIN
FREEZE UP TO 3 MONTHS
WITHOUT THE CREAM

1½ tbsp (20g) butter
1lb 2oz (500g) butternut squash, seeded and chopped into 1in (2.5cm) pieces
1 medium onion, chopped
1 garlic clove, crushed
a generous grating of nutmeg
2 cups (500ml) hot chicken stock
½ cup (100ml) light or heavy cream
salt and freshly ground black pepper

1 Melt the butter in a heavy-bottomed saucepan. Add the squash, onion, and garlic, cover with a lid, and cook for 15 minutes, stirring occasionally. Grate in the nutmeg and cook with the lid on for another 5 minutes.

2 Stir in the stock and bring to a boil. When the squash is tender, add the cream and simmer for 1 minute. Transfer the soup to a blender and process

until smooth. You may need to do this in batches. Season with salt and pepper and serve.

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RECIPE BY

ANGELA NILSEN

MOROCCAN ROASTED SWEET POTATO SOUP

The vegetables for this soup are cooked in the oven, which brings out their naturally sweet flavor. This is delicious served with warm pita bread.

SERVES 4
PREP 20 MIN
COOK 50 MIN
FREEZE UP TO 3 MONTHS
BEFORE THE YOGURT IS ADDED

1 ½lb (675g) sweet potatoes, cut into big chunks
6 large shallots, quartered
3 plump garlic cloves, unpeeled
1 carrot, cut into large chunks
1 tbsp harissa, plus extra to serve
2 tbsp olive oil
salt and freshly ground black pepper
1 quart (1 liter) hot vegetable stock
1 tsp honey
generous squeeze of lemon juice
natural yogurt, to serve
warm pita bread, to serve

1 Preheat the oven to 400°F (200°C). Place the sweet potatoes, shallots, garlic, and carrot in a roasting pan. Mix the harissa with the oil, then pour over the vegetables and toss together so they are all well coated. Season with

freshly ground black pepper, then roast, turning occasionally, for 40 minutes or until tender and turning golden. Remove from the oven.

2 Squeeze the garlic out of their skins into the roasting pan. Stir in the stock and honey, then scrape up all the bits from the bottom of the pan. Carefully transfer to a blender and process until smooth. You may need to do this in batches. Pour into a saucepan and reheat gently.

3 Add a good squeeze of lemon juice and season to taste with salt and pepper. Swirl the yogurt with a little harissa and top each bowl with a spoonful. Serve with warm pita bread.

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RECIPE BY

ANGELA NILSEN

AFRICAN SWEET POTATO SOUP

This recipe is based on a classic African soup that is hot and spicy and full of flavor. The peanut butter lends a rich, satisfying earthiness.

SERVES 4
PREP 20 MIN
COOK 20–25 MIN
FREEZE UP TO 3 MONTHS

2 tbsp olive oil
1 onion, chopped
2 garlic cloves, finely chopped
2 tsp finely grated fresh ginger
1/4 tsp crushed hot red pepper flakes
1lb (450g) sweet potatoes, cut into small chunks
1 red bell pepper, seeded and chopped
8oz (230g) canned tomatoes
1 tsp cumin seeds, dry-roasted and crushed
1 tsp coriander seeds, dry-roasted and crushed
1 quart (1 liter) hot vegetable stock
2–3 tbsp smooth or crunchy peanut butter

few drops of Tabasco (optional)
chili oil, to serve

1 Heat the oil in a large pan, add the onion, and cook for 3 minutes. Stir in the garlic, ginger, and hot red pepper flakes and cook for 1 minute, then stir in the sweet potatoes, bell pepper, tomatoes, and crushed spices and cook for 2 minutes. Pour in the stock, bring to a boil, then simmer for 12–15 minutes or until the sweet potatoes are tender.

2 Remove from the heat and process in a blender until smooth. You may need to do this in batches. Pass the soup through a sieve to remove the pepper skin and then stir in the peanut butter, tasting to decide the desired amount. If you want to add more heat, add in some Tabasco. Reheat gently, then drizzle a little chili oil over each bowl to serve.

AFRICAN SWEET POTATO SOUP

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RECIPE BY

ROOPA GULATI

HARISSA AND CHICKPEA SOUP

This chunky vegetable soup owes much of its appeal to the robust nature of homemade harissa, which can be made in advance and stored in the refrigerator.

SERVES 4
PREP 25 MIN
COOK 45 MIN
FREEZE UP TO 3 MONTHS

FOR THE HARISSA PASTE

1 red bell pepper
2 tbsp olive oil
½ tsp coriander seeds
2 tsp cumin seeds
1 tsp caraway seeds
2 tsp tomato paste
3 garlic cloves, coarsely chopped
4 red chiles, seeds removed, coarsely chopped
1 tsp smoked paprika
juice of 1 lemon

FOR THE SOUP

1 tbsp olive oil
3½oz (100g) smoked pancetta, cubed
2 red onions, diced
1 potato, peeled and diced
3 celery ribs, diced

1 small fennel, thinly sliced
3 tbsp oregano leaves, chopped
14½oz (400g) can diced tomatoes
3¼ cups (750ml) vegetable stock
14oz (400g) canned chickpeas, drained
1 bay leaf
salt and freshly ground black pepper

1 To make the harissa, rub the red bell pepper with olive oil and cook under the broiler for 10–15 minutes, turning frequently, until the skin is blackened and charred. Remove to a bowl, cover with plastic wrap, and let cool. Peel away the skin, discard the seeds, and coarsely chop the flesh.

2 Heat a small frying pan over low heat and roast the coriander, cumin, and caraway seeds for about a minute, stirring. Using a mortar and pestle, pound the spices to a powder. Transfer to a food processor and add the red bell pepper along with the tomato paste, garlic, red chiles, paprika, and lemon juice. Process until smooth, gradually adding the remaining olive oil.

3 To make the soup, heat the olive oil in a large saucepan and cook the pancetta until golden, then remove. Add the onion, potato, celery, fennel, and oregano to the pan. Cover and soften over low heat for 10 minutes. Stir in 1–2 tbsp of the harissa paste and the tomatoes and continue cooking for 5 minutes. Add the stock, pancetta, chickpeas, and bay leaf. Season well, and simmer in a half-covered pan for 20 minutes. Remove the bay leaf and serve.

RECIPE BY

MARIE-PIERRE MOINE

ROSE HIP SOUP

Rose hip soup is very popular in Scandinavia, where it is served both chilled and hot. Fresh rose hips are best, but you can also make this soup with presoaked dried rose hips.

SERVES 4
PREP 30 MIN
COOK 1 HR
PLUS 1 HR CHILLING
FREEZE NOT SUITABLE

1lb 2oz (500g) ripe rose hips, rinsed
1 vanilla pod, split lengthwise
superfine sugar, to taste
½ cup (100ml) heavy whipping cream
3 tbsp natural yogurt
2 tbsp lemon juice
1¾oz (50g) slivered almonds, toasted and sprinkled with sugar, to serve
Amaretti cookies, to serve

1 Put the rose hips in a large saucepan and pour in enough boiling water to cover generously. Add the vanilla pod. Simmer over low heat for about 20–30 minutes until soft. Strain the rose hips through a sieve over a bowl, but reserve and set aside the cooking liquid as well as the vanilla pod.

2 Place the sieve of rose hips over a second bowl. Press the rose hips to extract a puree and set aside. Add what's left in the sieve to the saucepan. Add

the reserved cooking liquid and the vanilla pod. Return to a simmer and cook for 20 minutes. Strain enough of the mixture into the reserved puree to produce a smooth soup. Stir in sugar to taste. Chill for one hour or until ready to serve.

3 Just before serving, whisk together the cream and yogurt, and sweeten to taste. Stir the lemon juice into the chilled soup, and pour or spoon into glass bowls. Add a sprinkling of almonds, and a dollop of whisked cream, and serve chilled with the Amaretti cookies on the side.

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RECIPE BY

ROOPA GULATI

CREAMY PISTACHIO SOUP

As delicate as it is delicious, this pretty, pastel-green soup is scented with citrusy cardamom notes, which make a marvelous marriage with the pounded pistachios.

SERVES 2–3
PREP 40 MIN
COOK 20 MIN
FREEZE UP TO 3 MONTHS
WITHOUT CREAM AND CILANTRO

4½oz (125g) (shelled weight) unsalted pistachio nuts
1 green chile, cut in half and seeded
½ cup (120ml) hot water
6 green cardamom pods, crushed and seeds extracted
1 small blade of mace
½ tsp coriander seeds, dry-roasted
2 tbsp (25g) butter
2 large garlic cloves, finely chopped
small bunch of scallions (white parts only), finely chopped
1in (2.5cm) piece of ginger, peeled and finely chopped
½ tsp garam masala
2 cups (450ml) hot vegetable stock

3½fl oz (100ml) light cream
1 tbsp chopped cilantro
salt and freshly ground black pepper

1 Bring a pan of water to a boil, add the pistachios, and cook for about 2–3 minutes. Drain in a colander and refresh under cold running water. Pat the nuts dry with paper towels, then turn out onto a kitchen towel. Give them a vigorous rub with the towel—the skins should slip off easily. Roughly chop a generous tablespoon of the nuts, and set them aside for garnish. Put the remaining nuts in a food processor. Add the chile and hot water and process to a rough paste, then set aside.

2 Grind the cardamom seeds, mace, and coriander to a powder with a pestle and mortar. Melt the butter in a saucepan over medium heat, add the garlic, scallions, and ginger, and soften for 2–3 minutes. Stir in the ground spices and garam masala and cook for a few seconds, then add the pistachio paste and stock. Simmer without a lid for 10–15 minutes, stirring occasionally.

3 Blend in batches until smooth. Stir in the cream and cilantro, then season with salt and pepper. Serve the soup garnished with the reserved pistachio nuts.

CREAMY PISTACHIO SOUP

RECIPE BY

SOPHIE GRIGSON

WIDOW'S SOUP

A Maltese tale tells of a poor widow who had only home-grown vegetables, a few eggs from her chickens, and a little soft, local cheese. She made this simple, but delicious soup.

SERVES 4–6
PREP 7 MIN
COOK 40 MIN
FREEZE NOT SUITABLE

1 tbsp olive oil
1 large onion, chopped
1 large potato, chopped
6oz (175g) cauliflower florets, quartered
6oz (175g) carrots, sliced
1 small lettuce head, shredded
6oz (175g) shelled fresh peas or thawed frozen peas
9oz (250g) tomatoes, peeled and coarsely chopped, or half a 14½oz (400g) can diced tomatoes
1½ tbsp tomato paste
1 tsp sugar
1 tsp red wine vinegar
salt and freshly ground black pepper
water or stock
4–6 eggs
9oz (250g) ricotta cheese or firm young goat cheese

❙ Heat the oil in a large pan and cook the onion until soft, but not colored. Add the potato, cauliflower, carrots, lettuce, and fresh peas, if using. Stir, then add the tomatoes, tomato paste, sugar, vinegar, salt and pepper, and enough

water (or stock) to cover generously. Bring to a boil and simmer until the vegetables are almost tender. If using thawed frozen peas, add them now. Taste and adjust the seasoning.

2 Reduce the heat so that the surface is barely simmering. Break the eggs one at a time onto a saucer or ramekin, and slide them into the soup. Poach the eggs until the white has just set, about 8–10 minutes.

3 Cut the cheese into 4–6 portions, according to the number of serving bowls, and place one in each bowl. Carefully place one egg in each bowl, and ladle the soup around the eggs and cheese before serving.

RECIPE BY

SOPHIE GRIGSON

PEAR AND STILTON SOUP

Rich and fragrant, this characterful soup should be served in small portions. Play around with the quantities of pear and Stilton to find the right balance for you.

SERVES 4
PREP 10 MIN
COOK 20 MIN
FREEZE UP TO 3 MONTHS
AT THE END OF STEP 1

1 onion, chopped
1 tbsp unsalted butter
4 ripe pears, cored and chopped
3 1/4 cups (750ml) chicken stock
salt and freshly ground black pepper
4 1/2oz (125g) Stilton, crumbled
juice of 1/2–1 lemon, to taste
fresh chives, chopped, to serve

1 In a large pan, cook the onion gently in the butter without browning. Add the pears and the stock and season lightly with salt and pepper. Simmer until the pears are very tender. Pass through the fine blade of a food mill, or process in a blender until smooth. If making this soup in advance, cool it now and continue when you want to serve.

2 Return to the pan and reheat, without boiling. Add the Stilton and stir until melted. Sharpen with lemon juice to taste and adjust the seasoning. Sprinkle the chives over the top and serve.

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RECIPE BY

ROSEMARY SHRAGER

MUSSEL AND SAFFRON SOUP

This is a wonderful, unusual, inspired soup. The combination of saffron and curry powder gives it an interesting aromatic quality.

SERVES 4
PREP 15 MIN
COOK 35 MIN
FREEZE NOT SUITABLE

4½lb (2kg) mussels, scrubbed and debearded
½ cup (100ml) dry white wine
2 cups (500ml) fish or chicken stock
2 tbsp (30g) butter
4½oz (125g) onions, finely chopped
2 carrots, diced
3oz (85g) celeriac, diced
1 thin leek, finely sliced
1 garlic clove, chopped
1½ tsp curry powder
good pinch of saffron threads, soaked in 2 tbsp hot water
1 cup (250ml) heavy cream
salt and freshly ground black pepper
2 tbsp parsley, finely chopped

1 Wash the mussels under cold running water. Give any open ones a firm tap against the countertop and discard any that don't close.

2 Bring the wine and stock to a boil in a large deep pan over high heat. Add the mussels, cover, and cook. As the mussels open, remove them to a bowl. When all are open, filter the liquid through muslin into another bowl and set aside.

3 Clean the pan. Melt the butter over low heat and add the vegetables and garlic, stirring well. Cook gently for 10 minutes, then stir in the curry powder and add the mussel liquid and the saffron in its water. Add the cream and cook without boiling for 5 minutes. Return the mussels to the pan, heat through gently, and season well. Sprinkle over the parsley, and serve.

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RECIPE BY

MARIE-PIERRE MOINE

MUSSEL AND FENNEL SOUP

A typical Provence concoction, this mussel and fennel soup harmoniously combines seafood and vegetables in a fragrant broth.

SERVES 4
PREP 15 MIN
COOK 45 MIN
FREEZE UP TO 1 MONTH

2¼lb (1kg) mussels, scrubbed and debearded
2 cups (500ml) dry white wine
4 medium, ripe tomatoes
3 tbsp olive oil
1 leek, chopped
2 sprigs of fresh flat-leaf parsley
2 sprigs of thyme
1 bay leaf
¼ small fennel bulb, chopped
2in (5cm) piece dried orange peel
fine sea salt and freshly ground black pepper
2 cups (500ml) just-boiled water
1 large starchy potato, peeled and chopped
pinch of saffron strands

1 Wash the mussels under cold running water. Give any open ones a firm tap against the countertop and discard any that don't close.

2 Place the mussels in a large saucepan and add the wine. Cover the pan, put over high heat, and cook for 5–6 minutes, shaking occasionally, until the

mussels open (discard any that remain closed). Remove from the heat. Line a sieve with muslin or cheesecloth and place over a bowl. Transfer the mussels into the sieve and leave until cool enough to handle, then remove and discard the shells. Reserve both the mussels and the cooking liquid.

3 Pierce the tomatoes with a knife, put them in a bowl, and pour over boiling water to cover. Leave for 1 minute, then drain and peel away the skins. Quarter the tomatoes, remove and discard the seeds, and chop the flesh. Heat the oil in a large sauté pan over medium heat. Add the tomatoes, leek, herbs, fennel, and orange peel, and season. Cook until softened, stirring frequently.

4 Add the mussel cooking liquid to the pan, then the just-boiled water. Bring to a simmer. Add the potato and cook until soft. Remove from the heat, let cool a little, then remove the herbs and orange peel. Mash the potato pieces into the soup to thicken.

5 Soften the saffron in a small bowl with a spoonful of soup, then stir it back in. Taste and adjust the seasoning, add the mussels, reheat gently, and serve immediately.

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RECIPE BY

ROOPA GULATI

MUSSELS IN A GINGER AND CHILE BROTH

These succulent mussels in their moat of gingery juices are terrific with a mound of fluffy rice on the side, but crusty bread mops up the broth just as nicely.

SERVES 2–4
PREP 20 MIN
COOK 30–35 MIN
FREEZE NOT SUITABLE

3lb (1.5kg) mussels, scrubbed and debearded
1 stick/8 tbsp (100g) butter
2 onions, finely chopped
2 bird's eye chiles, finely chopped
2in (5cm) fresh ginger, finely shredded
5 large garlic cloves, finely chopped
2 stalks lemongrass, split lengthwise and lightly bruised
½ cup (125ml) ginger wine
1¾ cups (400ml) fish stock

⅔ cup (150ml) coconut milk
3 tbsp coconut cream
salt and freshly ground black pepper
juice of 1–2 limes, to taste
3 tbsp chopped fresh cilantro

1 Wash the mussels under cold running water. Give any open ones a firm tap against the counter top and discard any that don't close.

2 Melt the butter in a large pan over low heat and soften the onions, chiles, ginger, garlic, and lemongrass for 10 minutes without coloring.

3 Turn the heat up to high and add the ginger wine followed by the stock. Bring to a boil before adding the mussels. Cover the pan and cook for 5–7 minutes, until the mussel shells have opened. Discard the lemongrass along with any mussels that remain closed after cooking.

4 Pour in the coconut milk and coconut cream, and bring to a boil. Season with salt and pepper, sharpen with lime juice, stir in the cilantro, and serve.

MUSSELS IN A GINGER AND CHILE BROTH

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RECIPE BY

MARIE-PIERRE MOINE

MOUCLADE

This aromatic, mussel soup comes from France's Atlantic coast. You can prepare it ahead, but be sure to reheat the mussels gently, or they will overcook.

SERVES 4
PREP 20 MIN
COOK 30 MIN
FREEZE NOT SUITABLE

3lb 3oz (1.5kg) small fresh mussels, scrubbed and debearded
2¼ tbsp (45g) butter
1 large shallot, finely chopped
1½ cups (350ml) dry white wine
1½ cups (350ml) water
several sprigs of flat-leaf parsley
¼ small fennel bulb, chopped
1 bay leaf
sea salt and freshly ground black pepper
pinch of cayenne
1 large egg yolk
5 tbsp sour cream or crème fraîche
1 large garlic clove, crushed
½ tsp mild paprika or 1 tsp mild curry powder
a few strands of saffron or ¼ tsp ground saffron
fresh warm bread, to serve

1 Wash the mussels under cold running water. Give any open ones a firm tap against the countertop and discard any that don't close.

2 Place a large sauté pan over medium heat. Add in the mussels with 1 tbsp (15g) of the butter, the shallot, wine, and water. Add the parsley, fennel, and bay leaf, season lightly with salt and pepper, and add the cayenne. Increase the heat and bring to a boil. Cover and cook the mussels for 4–5 minutes, or until they open, shaking the pan a few times.

3 Using a slotted spoon, lift out the mussels and put in a bowl. Discard any that haven't opened and set aside the rest. Strain the liquor through a muslin-lined sieve into a bowl and set aside. In a small bowl, mix the egg yolk with the sour cream until smooth. In a separate bowl, using a fork, mash the remaining butter with the garlic, paprika, and saffron and set aside.

4 Shell the mussels, keeping 12 in their shells, and moisten them all with a little of the cooking liquid. Keep warm.

5 Place a large pan over a low heat. Add the butter and, when it bubbles, pour in the mussel liquor, stir, and bring to a simmer. Remove 3 tbsp and whisk it into the egg mixture, then whisk this back into the pan and stir until hot and blended. Adjust the seasoning and divide the mussels between 4 warm bowls. Pour the broth over and serve with the bread.

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MANHATTAN CLAM CHOWDER

There are several variations on Manhattan clam chowder, using vegetables such as celery and green bell peppers. Its defining feature, however, is its tomato base.

SERVES 4
PREP 15 MIN
COOK 35 MIN
FREEZE NOT SUITABLE

36 live clams, freshly bought
1 tbsp oil
3–4 slices thick-cut bacon, diced
1 onion, finely chopped
2 starchy potatoes, such as russet, peeled and cut into ½ in (1cm) cubes
2 tbsp flour
2 x 14½oz (400g) cans diced tomatoes with their juice
salt and freshly ground black pepper
fresh thyme, to garnish

1 Discard any clams that are open. Shuck the clams and reserve the juice in a measuring cup, adding enough water to make 2½ cups (600ml). Chop the clams.

2 Heat the oil in a large, heavy saucepan and cook the bacon over medium heat, stirring frequently, for 5 minutes, or until it is crisp. Remove from the pan with a slotted spoon, drain on paper towels, and set aside.

3 Add the onion and potatoes to the pan and cook for 5 minutes, or until the onion has softened. Add the flour and stir for 2 minutes.

4 Stir in the tomatoes and their juice and season to taste with salt and pepper. Cover the pan, reduce the heat, and let simmer for 20 minutes or until the potatoes are tender. Add the clams and simmer gently, uncovered, for 5 minutes. Serve the chowder hot, sprinkled with bacon and thyme.

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RECIPE BY

ARTHUR POTTS DAWSON

POTATO AND CLAM SOUP

A delicious fall soup for the whole family. Puree it for the younger members, so they get to eat their required vegetables without noticing.

SERVES 4–6
PREP 25 MIN
COOK 1 HR 30 MIN
FREEZE NOT SUITABLE

2¼lb (1kg) clams
¼ cup (120ml) dry white wine
2–3 tbsp olive oil
2 celery ribs, finely diced
1 red onion, finely chopped
1 carrot, finely chopped
4 tomatoes, peeled, seeded, and chopped
2 medium potatoes, finely diced
1 quart (1 liter) cold water
1 sprig of rosemary

1 tbsp finely chopped flat-leaf parsley or chervil
salt and freshly ground black pepper
4–6 slices thick country bread

1 Wash the clams thoroughly in cold running water, throwing away any with broken shells and any that are open and won't close when gently tapped. Put them in a large frying pan with the wine, cover with a lid, and place over high heat for 5 minutes or until the shells open. Discard any that remain closed, as they will not be edible. Drain, reserving the liquid. Remove the clams from their shells, place in a bowl, cover, and refrigerate until needed. Strain the cooking liquid through a fine sieve.

2 Heat the oil in a large heavy-bottomed pan, add the celery, onion, and carrot, and cook on low heat for 10 minutes or until light brown. Add the tomatoes, potatoes, the reserved cooking liquid, and the water, and bring to a boil. Add the rosemary, then lower the heat, cover with a lid, and simmer for 1 hour.

3 Stir in the clams and the parsley or chervil, then season with salt and pepper. Remove the rosemary, put a slice of bread in the bottom of each bowl, and ladle over the soup.

POTATO AND CLAM SOUP

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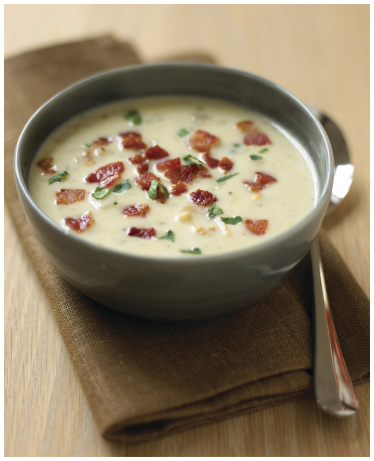

NEW ENGLAND CLAM CHOWDER

This traditional, creamy soup is often served with oyster crackers, although crusty bread is also good. The clams must be cooked on the day of purchase.

SERVES 4
PREP 15 MIN
COOK 35 MIN
FREEZE NOT SUITABLE

36 live clams
1 tbsp oil
4oz (115g) thick-cut bacon, diced
2 starchy potatoes, such as russet, peeled and cut into ½in (1cm) cubes
1 onion, finely chopped
2 tbsp flour
2½ cups (600ml) whole milk
salt and freshly ground black pepper
½ cup (120ml) light cream
2 tbsp finely chopped flat-leaf parsley

1 Discard any open clams, then shuck the rest, reserving the juices in a measuring cup. Add enough water to the juices to make 2½ cups (600ml). Chop the clams. Heat the oil in a large, heavy saucepan and cook the bacon over medium heat for 5 minutes or until crisp. Remove and drain on paper towels.

2 Add the potatoes and onion to the pan and cook for 5 minutes or until the onion has softened. Add the flour and stir for 2 minutes. Stir in the clam juice and milk and season to taste. Cover with a lid, lower the heat, and simmer for 20 minutes or until the potatoes are tender. Add the clams and simmer gently, uncovered, for 5 minutes. Stir in the cream and reheat without boiling. Serve sprinkled with the bacon and parsley.

NEW ENGLAND CLAM CHOWDER

EMMENTAL AND BEER SOUP

German-style cheese soups are often flavored with beer, sometimes using lager or pilsner. This version uses wheat beer, and is thick and rich with a good blend of flavors.

SERVES 6
PREP 10 MIN
COOK 30 MIN
FREEZE NOT SUITABLE

2 tbsp (25g) butter
2 onions, finely chopped
1 clove garlic, chopped
1/3 cup (45g) all-purpose flour
3 1/4 cups (750ml) chicken stock
2/3 cup (150ml) German wheat beer
5 1/2oz (150g) Emmental, finely grated
5 1/2oz (150g) Gruyère, finely grated
freshly ground white pepper
1 tbsp fresh thyme leaves, to serve

1 Melt the butter over low heat in a large, heavy pan. Add the onion and garlic and sauté for 10 minutes until soft but not colored. Gradually stir in the flour, then add the stock a little at a time, stirring constantly until smooth. Bring to a boil, then simmer for 10 minutes or until the liquid begins to thicken slightly. Stir regularly to be sure the mixture doesn't start to stick to the pan, then add the wheat beer and return to a gentle boil.

2 Remove from the heat and very gradually add the two cheeses, adding a handful at a time and stirring constantly. Season to taste with white pepper, pour into warm soup bowls, and top with fresh thyme. Serve with German bread and beer.

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STRACCIATELLA WITH PASTA

This recipe depends on the quality of its few ingredients, so always try to use homemade stock, organic eggs, and the best Parmesan cheese you can find.

SERVES 4–6
PREP 10 MIN
COOK 20 MIN
FREEZE NOT SUITABLE

1 ½ quarts (1 ½ liters) chicken stock
½ cup (100g) soup pasta
4 eggs
½ tsp freshly grated nutmeg
salt and freshly ground black pepper
2 tbsp grated Parmesan cheese
1 tbsp chopped parsley
1 tbsp olive oil

1 Place the stock in a large pot and bring to a boil. Add the pasta and cook according to package directions, or until *al dente*.

2 Break the eggs into a small bowl, add the nutmeg, season to taste with salt and pepper, and whisk lightly with a fork to break up the egg. Add the Parmesan and parsley.

3 Add the olive oil to the simmering stock, reduce the heat to low, then stir the stock lightly to create a gentle "whirlpool." Gradually pour in the eggs and

cook for 1 minute, without boiling, so they set into fine strands. Let stand for 1 minute before serving.

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SHIITAKE CHICKEN NOODLE SOUP

Here, a nourishing chicken stock combines with the sweetness of corn and satisfying vermicelli to create a soothing meal in a bowl.

SERVES 4
PREP 10 MIN
PLUS 30 MIN SOAKING
COOK 15 MIN
FREEZE NOT SUITABLE

1½oz (45g) dried shiitake mushrooms
1¼ cups (300ml) boiling water
2½ cups (600ml) chicken stock
2 boneless, skinless chicken breasts
6oz (175g) dried rice vermicelli
3½oz (100g) sweet corn kernels

1 Place the dried shiitake mushrooms in a heatproof bowl, pour in the water, and let stand for 30 minutes. Reserving the mushrooms, strain the soaking water into a large saucepan and add the stock. Bring to a boil.

2 Slice the mushrooms and cut or shred the chicken breasts into bite-size pieces or thin strips and set aside. Break the rice vermicelli into short lengths and stir into the pan. Bring to a simmer and cook for 2 minutes.

3 Add the mushrooms, chicken, and sweet corn kernels to the pan, bring back to a boil, and simmer for another 2 minutes, or until the chicken is cooked and the vermicelli is tender. Spoon into bowls and serve at once.

SHIITAKE CHICKEN NOODLE SOUP

CHICKEN SOUP WITH PASTA

The pasta and the liberal quantities of vegetables ensure that this chicken soup goes a long way. You can use whatever fresh vegetables are available.

SERVES 4–6
PREP 10 MIN
COOK 1 HR
FREEZE UP TO 3 MONTHS

4 chicken drumsticks
1 ¼ quarts (1 ¼ liters) cold water
2 ¾lb (1.25kg) mixed vegetables, e.g., carrots (diced), kohlrabi (diced), green beans (ends trimmed and strings removed), cauliflower or broccoli (small florets), leeks (sliced), zucchini (sliced), peas
3 ½oz (100g) vermicelli pasta
sea salt and freshly ground black pepper
2 tbsp chopped parsley

1 Place the chicken drumsticks in a large saucepan, cover with the cold water, and bring to a boil. Cover and cook over medium heat, skimming occasionally with a slotted spoon, for about 40 minutes. Remove from the heat and strain into a clean pan, then allow the stock to cool slightly before skimming the fat from the surface with a spoon.

2 Remove and discard the skin from the chicken drumsticks, strip the meat from the bones, shred, and reserve.

3 Bring the stock back to a boil, then add the vegetables. Add those with longer cooking times first, cover, and simmer for 5 minutes; then add the

remaining vegetables and the vermicelli, cover, and cook for another 5 minutes.

4 Season the soup with salt and pepper to taste. Add the reserved meat and heat it through. Ladle into bowls, garnish each with a little chopped parsley, and serve piping hot.

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RECIPE BY

CAROLYN HUMPHRIES

CHICKEN AND PORK GUMBO

You can vary this dish by substituting smoked pork sausage for pancetta or using duck instead of chicken. You may wish to add a little filé powder, if you have it.

SERVES 6
PREP 20 MIN
COOK 1½ HR
FREEZE UP TO 3 MONTHS
WITHOUT THE RICE

2 chicken leg and thigh portions
7oz (200g) diced pancetta
2 boneless pork belly slices, rinded and diced
1 quart (1 liter) chicken stock
1 bay leaf
2 red bell peppers
2 tbsp (30g) butter
1 onion, chopped
1 garlic clove, chopped
1 celery rib, sliced
3 tbsp all-purpose flour
2 beefsteak tomatoes, peeled and chopped
2 tbsp tomato paste
4oz (115g) thin green beans, trimmed and cut in short lengths
5½oz (150g) okra, cut in short lengths
2 large sprigs of fresh thyme, chopped, plus a little extra to garnish
2 tsp sweet paprika
1 tsp smoked paprika
1 tsp light brown sugar

a few drops of Tabasco
salt and freshly ground black pepper
8oz (225g) long-grain rice, cooked

1 Put the chicken, pancetta, and pork belly in a saucepan with the stock and bay leaf. Bring to a boil, reduce the heat, cover, and simmer gently for 1 hour. Meanwhile, roast the peppers under a broiler for 10–15 minutes until blackened. Put in a plastic bag, let cool, then peel off the skin, discard the stalks and seeds, rinse, and dice the flesh.

2 Strain the stock through a sieve and set aside. Lift the chicken out of the sieve and place on a board. Remove all the meat from the bones and cut into small pieces, discarding the skin. Add to the pork and set aside.

3 Melt the butter in the pan. Cook the onion, garlic, and celery for 2 minutes, stirring. Stir in the flour and cook for 3 minutes, stirring, until golden. Remove from the heat and blend in the stock. Return to the heat and bring to a boil. Add the remaining ingredients except the Tabasco, meat and rice. Bring back to a boil, reduce the heat, partially cover, and simmer for 30 minutes. Stir in the meats, taste, and season with Tabasco, salt, and pepper. Remove the bay leaf. Spoon the rice into bowls, ladle the gumbo over, and garnish with thyme.

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RECIPE BY

SHAUN HILL

CHICKEN AND CHICKPEA SOUP

The chicken drumstick makes this dish off limits for your vegetarian friends—unless you don't mind stretching the truth. It can, of course, be left out.

SERVES 6
PREP 15 MIN
PLUS OVERNIGHT SOAKING
COOK 1 HR 40 MIN
FREEZE UP TO 3 MONTHS

7oz (200g) chickpeas, soaked in water overnight, then drained
2½ quarts (2.5 liters) cold water
1 chicken drumstick
4 tbsp olive oil
2 celery ribs, chopped
1 medium onion, chopped
1 medium leek, chopped
3 garlic cloves, finely sliced
salt and freshly ground black pepper
½ cup (100ml) dry white wine
1 tbsp lemon juice

6 tbsp extra virgin olive oil, to serve
2 tbsp chopped chives and parsley, to garnish

1 Place the chickpeas in a saucepan with plenty of cold water and bring to a boil. Skim away any foam with a slotted spoon, then drain and return to the pan. Add the cold water and chicken, bring to a boil, and skim again. Cover with a lid and simmer for 1 ½ hours or until the chickpeas are done. Lift out the chicken after 45 minutes, remove the meat, and set to one side.

2 Heat 1 tbsp of the oil in a frying pan, add the celery, onion, and leek, and cook for 5–10 minutes or until soft. Add the garlic, season with salt and pepper, then cook for another minute. Add this mixture to the chickpeas, then stir in the cooked chicken. Pour in a little water if the mixture seems too thick to blend.

3 Transfer the soup to a blender and process in batches until smooth, adding the wine, lemon juice, and the remaining olive oil in three or four stages. Season with salt and pepper, then return to the pan and heat through. Divide the soup among six bowls, drizzle 1 tbsp of extra virgin olive oil on the top of each one, then serve garnished with the chopped chives and parsley.

CHICKEN AND CHICKPEA SOUP

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RECIPE BY

ERIC TREUILLE

SAUSAGE AND BEAN SOUP

Chicken, honey, and herb sausages are used in this hearty soup, but it is also excellent made with any other tasty pure-meat sausages or chorizo.

SERVES 4
PREP 20 MIN
COOK 30–35 MIN
FREEZE UP TO 3 MONTHS

9oz (250g) cherry tomatoes, halved
4 tbsp olive oil, plus extra to serve
salt and freshly ground black pepper
1 tbsp balsamic vinegar
1 onion, finely chopped
7oz (200g) organic chicken sausages, peeled and roughly crumbled
4 garlic cloves, finely chopped
½–1 tsp crushed hot red pepper flakes (according to taste)
14oz (400g) canned cannellini beans, drained, rinsed, and drained again
3 cups (750ml) hot chicken stock or vegetable stock
1 handful flat-leaf parsley or basil, chopped

1 Preheat the oven to 350°F (180°C). Place the tomatoes on a baking sheet, drizzle with half the oil, sprinkle with a couple of pinches each of salt and pepper, then toss to coat well. Roast for about 15 minutes or until softened and slightly wilted, then remove from the oven and drizzle with the balsamic vinegar.

2 Meanwhile, heat the remaining oil in a heavy-bottomed pot over medium heat. Add the onion and cook for 5 minutes or until soft. Stir in the sausage meat, garlic, and hot red pepper flakes, and cook, stirring, for 5–10 minutes or until the onion is pale yellow. Stir in the beans and stock, bring to a boil, adjust the heat to a steady simmer and cook for 10 minutes. Add the tomatoes and their juices and stir in half the parsley or basil.

3 Ladle out a cupful of the beans and tomatoes without too much liquid, and process until smooth in a blender. Stir back into the pot, then simmer the soup steadily for 10 minutes. If it is too thick, thin with a little hot stock or water. Stir in the rest of the herbs and adjust the seasoning, adding salt, pepper, red pepper flakes, and balsamic vinegar to taste. Ladle into warmed bowls, drizzle with a little more olive oil, and serve.

SAUSAGE AND BEAN SOUP

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COCK-A-LEEKIE SOUP

The traditional method involves slow-simmering a whole chicken, but this version takes less time and effort. To make a more substantial meal, add a few boiled potatoes.

SERVES 4
PREP 10 MIN
COOK 1½ HR
FREEZE UP TO 3 MONTHS

1lb (450g) chicken breasts and thighs, skinned
2 bay leaves
1 quart (1 liter) chicken or vegetable stock
2oz (60g) long-grain rice
2 leeks, thinly sliced
2 carrots, grated
pinch of ground cloves
1 tsp sea salt
1 tbsp chopped fresh parsley

1 Place the chicken in a large pan with the bay leaves and pour in the stock. Bring to a boil, then reduce the heat, cover the pan, and simmer for 30 minutes.

2 Skim the surface of the soup and discard any foam that has formed. Add the rice, leeks, carrots, cloves, and salt. Bring back to a boil, reduce the heat, cover the pan, and simmer for another 30 minutes.

3 Remove the bay leaves and discard. Lift out the chicken, remove the meat from the bones, then return the meat to the soup. Ladle the soup into a warm

tureen or divide between individual serving bowls, and serve hot, garnished with parsley.

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RECIPE BY

ROOPA GULATI

HOT AND SOUR CHICKEN BROTH

This broth is filled with contrasting sweet, sour, hot, and salty flavors, and is made in minutes. Instead of chicken, you could try using fish stock and shelled shrimp.

SERVES 4
PREP 15 MIN
COOK 20 MIN
FREEZE UP TO 1 MONTH
AT THE END OF STEP 2

1 quart (1 liter) chicken stock
2in (5cm) piece ginger, sliced
8 lime leaves, shredded
5 garlic cloves, coarsely chopped
2 tbsp chopped cilantro stems
2 stalks lemongrass, split lengthwise and lightly bruised
salt and freshly ground black pepper
2 chicken breasts, about 4½oz (125g) each, cleaned and thinly shredded
2–3 bird's eye chiles, finely sliced
2 tsp sugar
3 small shallots, sliced
juice of 2 limes
3 tbsp Asian fish sauce
2 tbsp sweet chili sauce
2 small bok choy, coarsely chopped
handful of bean sprouts

1 Pour the chicken stock into a large pan and add the ginger, lime leaves, garlic, cilantro stems, and lemongrass. Season with salt and pepper, bring the stock to a boil, turn down the heat, and simmer for 10 minutes.

2 Strain the stock into a clean pan and stir in the chicken, chiles, sugar, shallots, lime juice, fish sauce, and chili sauce. Simmer for 4–5 minutes, until the chicken is cooked.

3 Add the bok choy and cook the broth for another minute. Stir in the bean sprouts and serve at once.

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RECIPE BY

SHAUN HILL

CHICKEN CONSOMMÉ

Consommé regularly has some garnish or herb to lend interest, but it is the quality and clarity of the soup itself that is at its heart.

SERVES 4
PREP 15 MIN
PLUS CHILLING
COOK 1 HR 20 MIN
FREEZE NOT SUITABLE

2 large egg whites
1 tbsp tomato puree
1 chicken leg, boned and minced or finely chopped
1 onion, chopped
1 carrot, chopped
1 leek, chopped
1 garlic clove, chopped
1 tbsp chopped parsley
2 quarts (2 liters) cold chicken stock
salt and freshly ground pepper
chervil, to garnish

1 To make the clarification mixture, whisk the egg whites just enough to loosen them and form a few bubbles. Add the tomato puree and mix thoroughly.

2 Place the chicken, vegetables, garlic, and parsley in a bowl, add the egg white mixture, and mix thoroughly—use an electric mixer with paddle attachment if need be. Refrigerate until well chilled.

3 Combine the stock with the clarification mixture in a deep, narrow saucepan. Heat slowly, uncovered, until the stock comes to a boil. Gently stir to keep the egg from sticking. Once the stock reaches boiling point, turn the heat down immediately and let simmer gently for at least an hour, or until a white crust forms. When it is hard, poke a hole through it to check on the clarity.

4 When the consommé is clear and the clarification ingredients cooked, widen the hole and strain the consommé through a muslin-lined sieve into a clean container. Season with salt and pepper, garnish with chervil, and serve.

CHICKEN CONSOMMÉ

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RECIPE BY

MARIE-PIERRE MOINE

TRADITIONAL CHICKEN SOUP

A universal favorite, this soup has a zingy parsley and lemon finish. It can also be made with leftover meat and the carcass of a roasted chicken.

SERVES 4
PREP 2½ HR
COOK 30 MIN
FREEZE UP TO 3 MONTHS
BEFORE CREAM IS ADDED

FOR THE STOCK

1 small to medium free-range chicken
1 large carrot, chopped
1 leek, cut into segments
3 garlic cloves, unpeeled
¾oz (20g) dried mushrooms
3 celery ribs, chopped
2–3 sprigs each of parsley and thyme
sea salt and freshly ground black pepper

FOR THE SOUP

3½oz (100g) short grain rice or pearl barley
1½ tbsp vegetable oil
scant tablespoon (10g) butter
½ large red onion, finely chopped
2 garlic cloves, crushed
9oz (250g) button mushrooms, thinly sliced

4 tbsp light cream
2 tbsp finely chopped parsley
2 tsp finely grated zest of an unwaxed lemon

1 For the stock, place the chicken in a large saucepan over low heat. Cover with water and bring slowly to a boil, skimming the surface as needed. Add the carrot, leek, garlic, dried mushrooms, celery, and herbs. Season lightly. Bring back to a simmer, partially cover, and cook for 1 hour.

2 Remove from the heat. Once cool, lift out the chicken, strip the meat from the carcass, and set aside. Return the carcass to the pan and boil for 1 hour. Let cool, strain through a sieve into a bowl, and chill the stock.

3 Soak the rice or barley in cold water for 30 minutes. Rinse and drain. Skim the fat from the chilled stock. You'll need 3¼ cups (750ml) of stock for the soup recipe, but you can add boiling water if needed.

4 Put the oil and butter in a deep saucepan over medium heat. Add the vegetables and cook for 3–5 minutes. Add the rice or barley, and stir for 2 minutes. Add the stock and cook for 15–20 minutes. Shred about 7oz (200g) of the reserved chicken and add to the soup. Taste, season if necessary, and return to a simmer. Stir in the cream, parsley, and lemon zest, and serve very hot.

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RECIPE BY

ROOPA GULATI

MULLIGATAWNY

An Anglo-Indian soup from colonial days, mulligatawny has many variations. For extra heat, pop a split red chile in the pan when you add in the stock.

SERVES 4
PREP 20 MIN
COOK 45 MIN
FREEZE UP TO 3 MONTHS

2 ½ tbsp (40g) butter
1 large onion, chopped
2in (5cm) fresh ginger, finely chopped
2 garlic cloves, finely chopped
1 apple, diced with peel
1 carrot, sliced
1 celery rib, sliced
1 heaped tbsp mild curry powder
1 tbsp all-purpose flour
4 tomatoes, coarsely chopped
2 tsp tomato paste
2 cups (500ml) hot chicken stock
2 bay leaves
salt and freshly ground black pepper
¾ cup (200ml) coconut milk or light cream
7oz (200g) cooked chicken meat, shredded
juice of ½ lime
2 tbsp chopped fresh cilantro

1 Melt the butter in a large pan and soften the onion, ginger, and garlic for 10 minutes, without coloring. Add the apple, carrot, and celery to the pan and continue cooking, covered, for 5 minutes.

2 Stir in the curry powder and cook for 1 minute, stirring all the time. Sprinkle in the flour and continue cooking for another 20 seconds.

3 Add the tomatoes and tomato paste followed by the chicken stock. Add the bay leaves and season with salt and pepper. Bring to a boil, stirring, then reduce the heat and simmer, half-covered, for 20 minutes.

4 Remove the bay leaf and blend until smooth, using a stick blender. Strain the soup to remove any fibers and skin. Reheat, stir in the coconut milk or cream, and add the shredded chicken. Sharpen with a squeeze of lime and add the chopped cilantro.

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RECIPE BY

SHAUN HILL

THAI CHICKEN SOUP

Although this recipe uses coconut milk as its base and key Thai flavorings, it makes no pretense of authenticity. No extra salt should be necessary, as *nam pla* is salty.

SERVES 4
PREP 10 MIN
COOK 45 MIN
FREEZE NOT SUITABLE

4 stalks lemongrass, bruised and cut into ½in (1cm) lengths
7oz (200g) galangal, peeled and diced
5 lime leaves, bruised
1 chicken leg
2 cups (500ml) water
2 small red chiles
1 quart (1 liter) coconut milk
1 tbsp *nam pla* or Asian fish sauce
juice of 3 limes
3 scallions, finely chopped
2 tbsp chopped cilantro

1 Put the lemongrass, galangal, lime leaves, chicken, and water in a pan and bring to a boil. Simmer uncovered for 30 minutes, or until the chicken is cooked. Remove with a slotted spoon, dice the flesh, discarding the skin and bones, and set aside.

2 Add the chiles to the pan and bring the soup back to a boil. Pour in the coconut milk and heat slowly—you want the soup to become hot enough for the flavors to infuse the coconut milk without coming to a boil.

3 Strain the soup into a clean pan or tureen. Remove the chiles from the sieve and cut into slivers. Add the *nam pla,* lime juice, scallions, cilantro, and chicken to the soup, then taste to check the seasoning. Serve garnished with the chile slivers.

THAI CHICKEN SOUP

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RECIPE BY

MARIE-PIERRE MOINE

POT AU FEU

This classic French soup takes time to make, but is well worth waiting for. Try serving this with coarse-grained mustard, gherkins, and creamed horseradish.

SERVES 4
PREP 40 MIN
COOK 2 HR
FREEZE NOT SUITABLE

a few beef bones, if possible
2¼lb (1 kg) braising steak cut into 2–2½in (5–6cm) pieces
salt and freshly ground black pepper
1 large carrot, thickly cut on the diagonal
2 turnips, thickly sliced
1 medium to large waxy potato, cut into 8 pieces
1 Spanish onion, halved
2 garlic cloves, crushed
3 whole cloves
1 large leek, thickly sliced
3 celery ribs, chopped
3 bay leaves
several sprigs each of thyme and parsley

1 Put any bones in a large, deep, heavy pan. Place the meat on top of the bones. Cover with plenty of cold water, at least 2½in (6cm) above the meat, and very slowly bring to a simmer over low heat. Season lightly with salt and pepper. Skim off any foam that rises to the surface. Cover and let simmer very

gently for 1 hour, while you prepare the vegetables. Cut one half of the onion into slices and press the cloves into the other half.

2 Skim the meat again. Add the vegetables to the pan with the bay leaves, thyme, and parsley. Bring back to a simmer and skim again. Season lightly. Reduce the heat, partially cover, and cook gently for at least 45 minutes, until the meat and vegetables are tender.

3 Skim again if necessary, then lift out the meat and vegetables and put in a large shallow bowl or in individual bowls. Discard the bones, the clove-studded onion half, bay leaves, thyme, and parsley.

4 Strain the stock into a saucepan through a muslin-lined sieve. Bring to a simmer and season if required. Ladle sufficient stock over the meat and vegetables to cover, and serve. Let the remaining stock cool, then refrigerate or freeze for use in other recipes as needed.

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RECIPE BY

CAROLYN HUMPHRIES

BEEF CHILI

Warming and hearty, this soup is great served with tortilla chips and some guacamole (avocado mashed with lime juice) on hand to spoon in.

SERVES 4
PREP 10 MIN
COOK 35 MIN
FREEZE UP TO 3 MONTHS

1 tbsp olive oil
1 onion, chopped
8oz (225g) lean ground beef
½ tsp crushed dried chiles
1–2 fresh red chiles, seeded and chopped
1 tsp ground cumin
1 tsp dried oregano
2 cups (450ml) tomato puree
2 cups (450ml) beef stock
14oz (400g) canned red kidney beans, drained and rinsed
1 tbsp tomato paste
½ tsp superfine sugar
salt and freshly ground black pepper
1 tbsp chopped fresh cilantro or parsley
grated Manchego or Cheddar cheese, to serve

1 Heat the olive oil in a large saucepan, add the onion, and cook for 4–5 minutes or until softened but not colored. Add the beef and cook, stirring, until the grains of meat are separated and no longer pink.

2 Stir in the dried and fresh chiles and cumin and cook for 30 seconds, stirring. Add the oregano, tomato puree, stock, red kidney beans, tomato paste, sugar, and salt and pepper. Bring to a boil, stirring. Reduce the heat, partially cover, and simmer gently for 30 minutes, stirring occasionally. Taste and adjust the seasoning if necessary.

3 Ladle into warm soup bowls and sprinkle with the cilantro or parsley. Serve topped with grated Manchego or Cheddar cheese.

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HUNGARIAN GOULASH SOUP

The warming flavors of steak and onions make this soup a rich and satisfying meal. For an authentic touch, use Hungarian paprika.

SERVES 6–8
PREP 15 MIN
COOK 2 HR
FREEZE UP TO 3 MONTHS

4 tbsp olive oil
1½lb (675g) onions, thinly sliced
2 garlic cloves, crushed
1½lb (675g) chuck steak, cut into 2in (5cm) cubes
salt and freshly ground black pepper
2 tbsp paprika
1 tsp caraway seeds
1 tsp cayenne pepper, plus extra to garnish
4 tbsp tomato paste
1 quart (1 liter) beef stock
sour cream, to garnish

1 Heat 3 tbsp of the olive oil in a large heavy saucepan over medium heat, add the onions, and cook, stirring occasionally, for 10 minutes or until they are

golden brown. Add the garlic for the final 2 minutes, then remove from the heat.

2 Heat the remaining oil in a frying pan, add the steak, and cook, stirring often, for 5 minutes or until brown on all sides. Season with salt and add to the onions, along with the spices and tomato paste. Return the saucepan to the heat and cook for 5 minutes, stirring all the time, then pour in the stock. Cover with a lid and simmer gently for 1¾ hours.

3 Season to taste with salt and pepper, then serve the soup garnished with sour cream, a sprinkling of cayenne, and some more pepper.

HUNGARIAN GOULASH SOUP

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OXTAIL SOUP

Enriched with sherry, this slow-cooked soup is a classic for flavorful comfort eating. If you prefer a chunky texture, the soup also tastes good unblended.

SERVES 6
PREP 20 MIN
PLUS 1 HR CHILLING
COOK 4 HR 45 MIN
FREEZE UP TO 3 MONTHS
WITHOUT THE SHERRY

2 tbsp vegetable oil
salt and freshly ground black pepper
1lb 5oz (600g) oxtails, disjointed, available from your butcher
1 onion, sliced
2 quarts (2 liters) water
2 carrots, diced
2 celery ribs, diced
14½oz (400g) can diced tomatoes
¼ bunch of parsley
1 bay leaf
2 sprigs of fresh thyme
1 tbsp all-purpose flour
1 tbsp (15g) butter
⅔ cup (150ml) dry sherry

❙ Heat the oil in a large saucepan, season the oxtails with salt and pepper, add them to the hot oil, and cook until golden on all sides. Add the onion and cook until softened slightly. Add the water, season with salt and pepper, and simmer, uncovered, for about 2 hours. Cover and continue to simmer for another 2

hours. Check to see if you need more liquid during cooking, and add as needed.

2 Add the carrots, celery, and tomatoes. Tie the parsley, bay leaf, and thyme sprigs together with kitchen string and place in the pan. Bring to a boil and simmer for 30 minutes, or until the vegetables are tender.

3 Remove the herb bundle and discard. Scoop out the meat, remove from the bones, and discard the skin and bones. Strain the stock, reserving the vegetables. Refrigerate the stock for an hour or more. Using a blender, process the meat and vegetables and set aside.

4 Once the stock is chilled, remove the fat from the top and discard. Reheat the stock. In a large, dry frying pan, brown the flour over high heat. Cool slightly. Add the butter and blend. A little at a time, stir in the stock and the meat-vegetable puree. Season with salt and pepper to taste, and add the sherry just before serving.

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SPLIT PEA AND BACON SOUP

Be careful when seasoning this hearty soup, as the bacon means that little, if any, extra salt will be needed. Try this soup with olive oil croutons.

SERVES 6
PREP 30 MIN
COOK 1 HR 10 MIN
FREEZE UP TO 3 MONTHS

9oz (250g) dried split green peas, rinsed and drained
1 ½ quarts (1 ½ liters) water
4–5 slices thick-cut bacon
¼ celeriac, peeled and diced
1 large carrot, diced
1 small leek, diced
1 medium starchy potato, peeled and diced
1 tsp dried marjoram
1 tbsp (15g) butter
1 onion, diced
freshly ground black pepper
3–4 tsp chopped chives, to garnish

❙ Put the peas in a large saucepan with the water and bring to a boil. Add the bacon, cover, and cook for about 40 minutes over medium heat. Add the celeriac, carrot, leek, and potato, and stir in the marjoram. Bring to a boil again, cover, and cook for another 20 minutes.

2 Melt the butter in a separate pan, and add the onion. Brown slightly, stirring continuously, then set aside.

3 Remove the bacon from the soup, chop, and return it to the soup together with the cooked onion. Season with pepper. Sprinkle with chopped chives to serve.

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RECIPE BY

ROOPA GULATI

PORK VINDALOO BROTH

A favorite from Goa in southern India, the vindaloo is Portuguese in heritage and notable for its garlicky masala, spiked with wine vinegar and softened with sugar.

SERVES 6
PREP 35 MIN
PLUS OVERNIGHT CHILLING
COOK 3 HR
FREEZE UP TO 3 MONTHS
AT THE END OF STEP 3

6 dried red chiles
1 ½lb (650g) boneless pork belly with rind, cut into 1 x 2in (2.5 x 5cm) chunks
1 tsp cumin seeds
½ tsp black peppercorns
6 garlic cloves, coarsely chopped
2in (5cm) fresh ginger, peeled and coarsely chopped
1 tsp sweet paprika
3 tbsp tamarind pulp
3 tbsp white wine vinegar
4–6 tbsp vegetable oil

2in (5cm) cinnamon stick
2 star anise
3 onions, finely chopped
¾ cup (175ml) white wine
1¾ quarts (1¾ liters) chicken stock
2–3 tsp palm sugar or dark brown muscovado sugar, to taste
salt
1 red chile, seeded and cut into strips, to serve
2 tbsp fresh cilantro, to serve

1 Soak the dried chiles in hot water for 10 minutes (for a milder flavor, seed them first). Put the pork in a pan, cover with boiling water, bring to a boil and simmer for 5 minutes. Drain, discard the liquid, and set aside.

2 Dry-roast the cumin and peppercorns and grind using a mortar and pestle. In a small food processor, process the ground spices, drained red chiles, garlic, ginger, paprika, tamarind, and vinegar. Set aside.

3 Heat the oil in a pan. When hot, cook the cinnamon and star anise for 30 seconds. Add the onions and cook for 10–15 minutes. Add the spice paste and cook for 1 minute. Pour in the wine and stock and bring to a boil. Add the pork, turn the heat down, and simmer for 2 hours. Chill overnight.

4 The next day, scoop out the meat, strip away the rind, and dice. Skim the fat from the stock and strain the liquid into a clean pan. Bring to a fast boil over high heat and cook for 5–10 minutes. Sweeten with sugar and season with salt. Before serving, stir in the pork and garnish with the chile strips and cilantro.

PORK VINDALOO BROTH

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WINTER

SEASON'S BEST

Although we no longer live from the pantry alone in winter, it is still a season that traditionally lends itself to comforting, warming soups fortified with pulses and grains. The vegetable garden continues to offer fresh produce, such as kale, celeriac, and leeks, and winter can still offer a wide range of flavors, from a delicate Jerusalem artichoke and scallop soup to a robust, filling potato and kale soup. Creamy curried parsnip soup or chestnut soup deliver earthy, wintry flavor, while chunky Zuppa di verdure or a puff-crusted game soup provide a hearty meal in a bowl.

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LENTIL SOUP

This hearty vegetarian soup has just a touch of spice and is quick and easy to prepare. Serve with plain yogurt and good crusty bread.

SERVES 4
PREP 20 MIN
COOK 35 MIN
FREEZE UP TO 3 MONTHS

1 tbsp olive oil
2 onions, finely chopped
2 celery ribs, finely chopped
2 carrots, finely chopped
2 garlic cloves, crushed
1–2 tsp curry powder
5½oz (150g) red lentils
1½ quarts (1½ liters) vegetable stock
½ cup (120ml) tomato juice or vegetable juice
salt and freshly ground black pepper

1 Heat the oil in a large pan over medium heat, then add the onions, celery, and carrots. Cook, stirring, for 5 minutes, or until the onions are soft and translucent.

2 Add the garlic and curry powder and cook, stirring, for another minute, then add the lentils, stock, and tomato juice.

3 Bring to a boil, then lower the heat, cover, and simmer for 25 minutes, or until the vegetables are tender. Season to taste with salt and pepper, and serve hot.

LENTIL SOUP

RECIPE BY

MARIE-PIERRE MOINE

GREEN LENTIL SOUP WITH LIME

Lime gives a distinctive, vibrant twist to this clean-tasting, healthy soup from New Mexico. It has the added advantage of being very quick and easy to prepare.

SERVES 4
PREP 5 MIN
COOK 30 MIN
FREEZE UP TO 3 MONTHS
AT THE END OF STEP 3

1 quart (1 liter) chicken stock
2–3 sprigs of fresh thyme
10oz (300g) green lentils
sea salt and freshly ground black pepper
grated zest and juice of 1 organic lime

1 Pour the stock into a saucepan over medium heat. Add the thyme and bring to a simmer.

2 Add the lentils, and season lightly with salt and pepper. Return to a simmer, cover, reduce the heat a little. Cook for 20–25 minutes until the lentils are very soft.

3 Turn off the heat and let cool for several minutes. Transfer to a blender or food processor, and process until just smooth.

4 Pour the soup back into the saucepan and stir in the lime zest and juice. Reheat gently, taste, and adjust the seasoning. Serve very hot.

RECIPE BY

ROOPA GULATI

KHICHDI

This vegetable and lentil dish is best served piping hot, in cavernous bowls. You can find pink lentils (*masoor dal*) in most Asian food stores.

SERVES 6–8
PREP 15 MIN
COOK 50 MIN
FREEZE UP TO 3 MONTHS
AT THE END OF STEP 3

1 butternut squash, about 1lb 9oz (700g)
½ tsp garam masala
salt and freshly ground black pepper
2 tbsp olive oil
3½oz (100g) basmati rice
3½oz (100g) pink or red lentils
2 quarts (2 liters) water
2in (5cm) ginger, peeled and finely grated
2 tbsp ghee or clarified butter
2 tsp cumin seeds
½ tsp crushed hot red pepper flakes
juice of 1 lime
3 tbsp chopped cilantro
2 tbsp unsalted butter

1 Preheat the oven to 400°F (200°C). Halve the squash lengthwise and scoop out the seeds and fibers. Put it in a roasting pan, cut side up, sprinkle with the garam masala, season with salt and pepper, and drizzle with the oil. Cover with

foil and roast for 45 minutes, or until meltingly tender. Let cool slightly, then scoop out the flesh, lightly crush it with a fork, and set aside.

2 Meanwhile, combine the rice and lentils in a large saucepan and cover with the water. Add the ginger, bring to a boil, then reduce the heat and simmer for about 30 minutes until the rice grains have lost their texture and broken down. Add more hot water to loosen the texture, if desired. Stir in the lightly crushed squash.

3 Heat the ghee in a separate pan and cook the cumin and red pepper flakes for about 30 seconds, until aromatic and darker in color. Add the spices and ghee into the rice and lentils and stir well, seasoning with plenty more salt and pepper.

4 Stir in the lime juice and cilantro. Divide between deep bowls and finish with a generous dollop of butter in the center of each helping.

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TUSCAN BEAN SOUP

This hearty, substantial soup improves with reheating, so it benefits from being made a day in advance. Reheat gently over low heat.

SERVES 4
PREP 15 MIN
COOK 1 HR 20 MIN
FREEZE UP TO 3 MONTHS

4 tbsp extra virgin olive oil, plus extra for drizzling
1 onion, chopped
2 carrots, sliced
1 leek, sliced
2 garlic cloves, chopped
14½oz (400g) can diced tomatoes
1 tbsp tomato paste
1 quart (1 liter) chicken stock
salt and freshly ground black pepper
15½oz (400g) can borlotti beans, navy beans, or cannellini beans, drained and rinsed
9oz (250g) baby spinach leaves or spring greens, shredded
8 slices ciabatta bread
grated Parmesan cheese, for sprinkling

1 Heat the oil in a large saucepan and cook the onion, carrot, and leek over low heat for 10 minutes, or until softened but not colored. Add the garlic and cook for 1 minute. Add the tomatoes, tomato paste, and stock. Season to taste with salt and pepper.

2 Mash half the beans with a fork and add to the pan. Bring to a boil, then lower the heat and simmer for 30 minutes. Add the remaining beans and spinach to the pan. Simmer for another 30 minutes.

3 Toast the bread until golden, place 2 pieces in each soup bowl, and drizzle with olive oil. To serve, spoon the soup into the bowls, top with a sprinkling of Parmesan, and drizzle with a little more olive oil.

TUSCAN BEAN SOUP

BEAN AND ROSEMARY SOUP

Robust, garlicky, and fragrant with rosemary and sage, this is a hearty, satisfying soup. Serve it with some fresh crusty bread and a drizzle of good-quality olive oil.

SERVES 8
PREP 15 MIN
COOK 40 MIN
FREEZE UP TO 3 MONTHS

2 tbsp olive oil
2 onions, finely chopped
salt and freshly ground black pepper
1 tbsp finely chopped fresh rosemary leaves
a few fresh sage leaves, finely chopped
4 celery ribs, finely chopped
3 garlic cloves, grated or finely chopped
2 tbsp tomato paste
2 x 15½oz (400g) cans borlotti beans, drained, rinsed, and drained again
1¼ quarts (1¼ liters) hot chicken stock
5½lb (2.5kg) potatoes, cut into chunky pieces

1 Heat the oil in a large pan, add the onions, and cook over low heat for 6–8 minutes or until soft and translucent. Season well with salt and pepper, then stir in the rosemary, sage, celery, and garlic and cook over very low heat, stirring occasionally, for 10 minutes.

2 Stir in the tomato paste and beans and cook gently for 5 minutes. Pour in the stock, bring to a boil, then add the potatoes and simmer gently for 15

minutes or until cooked. Taste, season with salt and pepper if needed, and serve.

RECIPE BY

CELIA BROOKS BROWN

BLACK-EYED PEA SOUP

If you can, make this soup in advance and let it stand for a while before reheating—it will be even better. It's also good made with shelled overgrown runner beans.

SERVES 4–6
PREP 15 MIN
COOK 40 MIN
FREEZE UP TO 3 MONTHS

1 tbsp canola oil or sunflower oil
3 leeks, cleaned and sliced
1 small red bell pepper, chopped
1 small yellow bell pepper, chopped
3 garlic cloves
2in (5cm) piece fresh ginger, peeled and grated or coarsely chopped
1 small red chile
1 tsp cumin seeds
sea salt and freshly ground black pepper
2 x 15½oz (400g) cans black-eyed peas, drained, rinsed, and drained again
1¾ cups (400ml) coconut milk
2 cups (500ml) hot vegetable stock
1 tsp brown sugar
fresh cilantro, to garnish
lime wedges, to serve

1 Heat the oil in a deep saucepan over medium heat, add the leeks and bell peppers, cover, and cook, stirring frequently, for 5–7 minutes or until soft. Meanwhile, put the garlic, ginger, chile, cumin, and 1 tsp salt in a blender with 4

tbsp water and process until completely smooth. Add to the pan, using a little more water to rinse out every last bit. Cook, stirring, for 2–3 minutes or until most of the liquid has evaporated.

2 Add the black-eyed peas, coconut milk, stock, brown sugar, and a good grinding of black pepper and bring to a boil. Reduce the heat to a simmer and cook gently for 30 minutes, stirring frequently. Taste for seasoning, then serve each bowl garnished with fresh cilantro and a lime wedge.

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RECIPE BY

ANGELA NILSEN

ROSEMARY'S BEAN SOUP WITH ITALIAN CHEESE CRISPS

Flageolet beans give texture while rosemary and dried mushrooms provide plenty of flavor in this rustic Italian-style soup.

SERVES 4
PREP 10 MIN
PLUS 20 MIN SOAKING
COOK 15–20 MIN
FREEZE UP TO 3 MONTHS
WITHOUT CHEESE CRISPS

½oz (12g) dried porcini mushrooms, covered in water to soak
1¾oz (50g) pecorino or Parmesan cheese, coarsely grated
1½ tsp very finely chopped rosemary
2 tbsp olive oil
1 onion, chopped
2 garlic cloves, chopped
3 sprigs of rosemary

28oz (800g) flageolet beans (if dried, be sure to soak)
2½ cups (600ml) vegetable stock
extra virgin olive oil, for drizzling
ciabatta loaf cut into chunks, to serve

1 Preheat the oven to 400°F (200°C). Soak the mushrooms in water for 20 minutes. Make the cheese crisps: Line a baking sheet with parchment paper. Scatter the cheese and half the rosemary in a thin, even layer on the sheet in an 7 in (18 cm) circle. Bake for 8 minutes or until it starts to turn golden around the edges. Remove and let cool and firm on the sheet. Strain the mushrooms, reserving the liquid, and coarsely chop.

2 Heat the oil in a large saucepan, add the onion, and soften for 4–5 minutes. Stir in the garlic, chopped mushrooms, and rosemary sprigs. Cook for 2–3 minutes. Add the beans, stock, and 6 tbsp of the reserved mushroom liquid. Simmer for 10 minutes. Remove the rosemary. sprigs Coarsely puree about three-quarters of the soup. Pour this back into the pan with the rest of the soup. Season to taste with salt and pepper, then warm through.

3 Break the cheese crisp into large pieces. For each serving, sprinkle with the rest of the chopped rosemary, drizzle with the oil, and accompany with the cheese crisps and ciabatta.

ROSEMARY'S BEAN SOUP WITH ITALIAN CHEESE CRISPS

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RECIPE BY

ROOPA GULATI

CREAMY KIDNEY BEAN SOUP

This hearty, wholesome soup takes the edge off chilly winter weather. It's worth using dried beans, which have a much fuller flavor than the canned variety.

SERVES 6
PREP 20 MIN
COOK 3¼ HR
OR 30 MIN WITH A PRESSURE COOKER
FREEZE UP TO 3 MONTHS
AT THE END OF STEP 3

8oz (225g) dried kidney beans, soaked overnight in cold water
1¾ quarts (1¾ liters) water
2 red onions, diced
14½oz (400g) can diced tomatoes
1 tbsp tomato paste
5 garlic cloves, halved
2in (5cm) fresh ginger, coarsely chopped
3 large green chiles, left whole
salt and freshly ground black pepper
⅔ cup (150ml) light cream

squeeze of fresh lime juice, to taste

FOR THE GARNISH
4–6 red radishes, sliced
1 large green chile, finely chopped
2 tbsp chopped fresh cilantro leaves
squeeze of fresh lime juice, to taste

1 Drain the kidney beans, discarding the soaking liquid. Put the beans in a very large heavy-bottomed pan and cover with the water. Add the onions, tomatoes, tomato paste, garlic, ginger, and chiles and bring to a boil.

2 Cover the pan, lower the heat, and simmer for about 3 hours, until the beans are just breaking up. Add more liquid if needed during cooking. You could also use a pressure cooker—the beans will be tender in about 30 minutes.

3 Once the beans have cooled slightly, scoop out the chiles. Using a blender, process the soup in batches until smooth, then strain to remove the skins. Season well with salt and pepper.

4 Stir in the cream, and reheat. Add lime juice to taste. For the garnish, combine the sliced radish with the green chile and cilantro. Sharpen with a squeeze of lime, then top each bowl of soup with a small heap of the thin radishes.

CREAMY KIDNEY BEAN SOUP

RECIPE BY

ANGELA NILSEN

MEXICAN CHILI BEAN SOUP

This is so thick and hearty it is a meal in itself—a real family soup. For children, try topping it with some broken-up tortilla chips.

SERVES 4
PREP 10 MIN
COOK 40 MIN
FREEZE UP TO 3 MONTHS
AT THE END OF STEP 2

2 tbsp sunflower oil
1 onion, chopped
1 small red bell pepper, seeded and finely chopped
2 garlic cloves, finely chopped
14oz (400g) lean ground beef
1 tsp ground cumin
2 tsp medium or hot chili powder
½ tsp dried oregano
14oz (400g) canned plum tomatoes, chopped
2 tbsp tomato paste
3¼ cups (750ml) hot vegetable stock or chicken stock
15oz (400g) can red kidney beans, drained, rinsed, and drained again
handful of chopped flat-leaf parsley
salt and freshly ground black pepper
sour cream or natural yogurt, to serve
grated Cheddar, to serve
4 warm tortillas (optional), to serve

1 Heat the oil in a large saucepan, add the onion, and cook for 5 minutes. Add the bell pepper and garlic and stir-fry for 2 minutes. Add the beef and stir-fry

for 5 minutes or until it has broken up and browned. Stir in the cumin, chili powder, and oregano and cook for another minute or so.

2 Stir in the tomatoes, tomato paste, and stock, then simmer for about 20–25 minutes or until reduced slightly and a good soupy consistency. Add the beans and simmer for another 5 minutes. Stir in half the parsley and season with salt and pepper.

3 Ladle into bowls and serve topped with a spoonful of sour cream or yogurt, a scattering of Cheddar, and the rest of the parsley.

RECIPE BY

LIVIA FIRTH

CANNELLINI BEAN AND CARROT SOUP

Leeks, rather than onions, are used as the basis of this soup, which gives the soup a certain sweetness from the outset.

SERVES 4-6
PREP 10 MIN
COOK 1 HR
FREEZE UP TO 3 MONTHS

1 tbsp olive oil
1½ tbsp (20g) butter
3–4 leeks, finely sliced
15½oz (400g) can cannellini beans, drained and rinsed, then drained again
3 medium carrots, finely chopped
salt and freshly ground black pepper
1 tsp medium curry powder (optional)
3¼ cups (759ml) cold water
extra virgin olive oil, to serve

1 Heat the oil and melt the butter in a large, deep pan over very low heat. Add the leeks and cook for at least 10 minutes, adding a tiny bit of water when the leeks start to stick to the bottom of the pan.

2 Add the cannellini beans and carrots, then turn up the heat and stir well with a wooden spoon to mix the vegetables and flavors together. Let it simmer for 5–6 minutes. Season the soup with salt and pepper, and stir in the

curry powder, if using. Add the water and bring to a boil. Cover with a lid, and simmer for 45 minutes.

3 Transfer the mixture to a blender and process until smooth, then ladle into serving bowls. Encourage your guests to add a bit of olive oil and some pepper to their soup—it makes a wonderful finishing touch.

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WHITE BEAN SOUP

This thick soup from northern Italy is guaranteed to keep out the winter chills. Soak the beans overnight to rehydrate them and cut down on the cooking time.

SERVES 4
PREP 30 MIN
COOK 2 HR
FREEZE UP TO 3 MONTHS
AT THE END OF STEP 3

3 tbsp olive oil
2 onions, finely chopped
2 garlic cloves, crushed
8oz (225g) dried cannellini beans, soaked overnight
1 celery rib, chopped
1 bay leaf
3–4 parsley stems, without leaves
1 tbsp lemon juice
1 ¼ quarts (1 ¼ liters) vegetable stock
salt and freshly ground black pepper
3 shallots, thinly sliced
2oz (60g) pancetta, chopped (optional)
3oz (85g) Fontina or Taleggio cheese, chopped into small pieces

1 Heat 2 tbsp olive oil in a saucepan, add the onions, and cook over low heat for 10 minutes, or until softened, stirring occasionally. Add the garlic and cook, stirring, for 1 minute.

2 Drain the soaked beans and add to the pan with the celery, bay leaf, parsley stems, lemon juice, and stock. Bring to a boil, cover, and simmer for 1 ½ hours, or until the beans are soft, stirring occasionally.

3 Remove the bay leaf and process the soup in batches in a blender, or through a hand mill. Rinse out the pan. Return the soup to the pan and season to taste with salt and pepper.

4 Heat the remaining olive oil in a small frying pan, and cook the shallots and pancetta (if using) until golden and crisp, stirring frequently to keep them from sticking to the pan. Reheat the soup, adding a little stock or water if it is too thick. Stir the Fontina into the soup. Ladle into individual bowls, and sprinkle each serving with the shallots and pancetta.

WHITE BEAN SOUP

RECIPE BY

SOPHIE GRIGSON

CURRIED PARSNIP SOUP

Aromatic spicing balances the natural sweetness of the parsnips in this warming soup. Beef stock will give the best flavor, but chicken or vegetable stock can also be used.

SERVES 4
PREP 25 MIN
COOK 30 MIN
FREEZE UP TO 3 MONTHS
BEFORE CREAM IS ADDED

1 heaped tbsp coriander seeds
1 tsp cumin seeds
1 dried red chile or ½ tsp crushed hot red pepper flakes
1 rounded tsp ground turmeric
¼ tsp ground fenugreek
1 medium onion, chopped
1 large garlic clove, split in half
1½lb (675g) parsnips, cored and diced
2 tbsp (30g) butter
1 tbsp all-purpose flour
1 quart (1 liter) vegetable stock, beef stock, or chicken stock
salt and freshly ground black pepper
⅔ cup (150ml) light cream
chopped chives or parsley, to garnish

1 Process the first five ingredients in a coffee grinder, or pound the whole spices in a mortar then mix with the ground spices. Transfer the mixture to a small jar—you will not need all of it for this recipe.

2 Cook the onion, garlic, and parsnips gently in the butter, lid on the pan, for 10 minutes. Stir in the flour and 1–2 tbsp of the spice mixture. Cook for 2 minutes, stirring from time to time. Pour in the stock gradually, stirring constantly. Bring to a boil and let simmer gently for 10–15 minutes or until the parsnips are really tender.

3 Puree until smooth in a blender, then dilute to taste with water. Season to taste with salt and pepper, then reheat. Add the cream and serve with the chives or parsley scattered over the top.

RECIPE BY

MARIE-PIERRE MOINE

PARSNIP AND APPLE SOUP

The sweetness of the parsnip is balanced by mild curry powder and sharp green apple in this easy-to-prepare and warming, smooth winter soup.

SERVES 4
PREP 20 MIN
COOK 30 MIN
FREEZE UP TO 3 MONTHS
WITHOUT CREAM AND LEMON JUICE

1 tbsp olive oil
½ tbsp (10g) butter
½ Spanish onion, finely chopped
1 garlic clove, crushed
2 tsp mild curry powder
2¼lb (1kg) parsnips, chopped
sea salt and freshly ground black pepper
1 large Granny Smith apple, peeled, cored, and chopped
1 quart (1 liter) hot vegetable stock or light chicken stock
½ cup (100ml) hot water
6 tbsp light cream
2 tbsp lemon juice

1 Heat the oil and butter in a large sauté pan over low heat. Add the onion, garlic, and curry powder and cook gently, stirring frequently, for 2–3 minutes or until the onion has softened. Add the parsnips and season lightly with salt

and pepper. Turn the heat up a little and cook, stirring frequently, for 5 minutes or until the parsnips are golden.

2 Add the apple, stir for 1 minute, then pour in the stock and bring to a boil. Lower the heat and simmer for 10–12 minutes or until the parsnips are tender. Take off the heat and let cool for several minutes, then transfer to a blender or food processor and process until smooth and creamy.

3 Pass the soup through a sieve placed over the pan, then rinse out the blender or food processor with the hot water and stir this into the soup. Reheat gently, then stir in the cream and lemon juice. Adjust the seasoning and serve piping hot.

RECIPE BY

CAROLYN HUMPHRIES

CHICORY GAZPACHO

This chilled soup is a reminder of summer in the midst of winter. If you would prefer to make the recipe during the warmer months, use watercress instead of chicory.

SERVES 4
PREP 15 MIN
PLUS CHILLING
COOK NONE
FREEZE UP TO 3 MONTHS

1 large orange
2 heads white chicory
2 slices bread, crusts removed
1 garlic clove, coarsely chopped
4 scallions, trimmed and coarsely chopped
1 large beefsteak tomato, peeled, quartered, and seeded
2 cups (450ml) cold vegetable stock
2 tbsp olive oil, plus extra for garnish
2 tbsp white balsamic vinegar
4 large basil leaves
salt and freshly ground black pepper

1 Thinly pare the zest of half the orange. Cut in thin strips and boil in water for 1 minute. Drain, rinse with cold water, and drain again. Set aside for garnish. Finely grate the zest from the remaining orange, squeeze the juice into a bowl, and set aside.

2 Cut a cone shape out of the base of each head of chicory and discard. Separate the heads into spears. Reserve four of the smallest spears for the garnish. Coarsely chop the remainder.

3 Soak the bread in water for 2 minutes. Squeeze out some of the moisture then put the bread in a blender with the chopped chicory, garlic, scallions, tomato, stock, olive oil, white balsamic vinegar, basil leaves, and the orange juice and finely grated zest. Puree the soup in a blender or food processor then season to taste. Chill until ready to serve.

4 Ladle into four bowls, and drizzle with a little olive oil. Garnish each with a tiny chicory spear and a few strands of blanched orange zest. Serve cold.

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RECIPE BY

SHAUN HILL

SAFFRON SOUP

A teaspoon of saffron is all that's required for this soup, as its flavor is overpowering if used in greater quantity. Also, it's the most expensive spice in the world.

SERVES 4
PREP 15 MIN
COOK 20 MIN
FREEZE UP TO 3 MONTHS
BEFORE CREAM IS ADDED

1 tbsp olive oil
1 large onion, sliced
7oz (200g) leeks, cut into 1in (2.5cm) lengths
5½oz (150g) potatoes, diced
1 tsp saffron
1 tsp ground cumin
1 quart (1 liter) hot chicken stock
salt and freshly ground black pepper
2 tbsp dry white wine
2 tbsp heavy cream
1 tbsp lemon juice
snipped chives, to garnish

❙ Heat the oil in a heavy-based pan and cook the onion for 6–8 minutes or until soft. Add the leeks, potatoes, saffron, cumin, and stock, then season with salt and pepper. Cover with a lid and bring to a boil, then lower the heat and

simmer for 10 minutes or until the potatoes are tender. Do not let them disintegrate into the soup.

2 Transfer to a blender, add the wine, and process until smooth. Stir in the cream and lemon juice and season again with salt and pepper. If the soup is too thick, dilute it with more stock or water. If it is too thin, add more olive oil. Garnish with the snipped chives and serve at once.

VICHYSSOISE

Despite its French name, this silky-smooth leek soup actually comes from the US. Traditionally served cold, it can also be enjoyed hot as a winter warmer; simply add the cream and chives at the end of cooking, then serve.

SERVES 4
PREP 15 MIN
PLUS 3 HR CHILLING
COOK 45 MIN
FREEZE UP TO 3 MONTHS
BEFORE THE CREAM IS ADDED

2 tbsp (30g) butter
3 large leeks (white parts only), finely sliced
2 potatoes, about 6oz (175g) in total, chopped
1 celery rib, coarsely chopped
4 cups (1.2 liters) hot vegetable stock
salt and freshly ground black pepper
⅔ cup (150ml) heavy cream, plus extra to garnish
2 tbsp finely chopped chives

1 Melt the butter in a heavy pan over medium heat, add the leeks, and stir to coat well. Press a circle of damp parchment paper on top of them, cover with a lid, and cook, shaking the pan gently from time to time, for 15 minutes or until they are soft and golden. Discard the parchment paper.

2 Stir in the potatoes, celery, and stock, then season with salt and pepper. Bring to a boil, stirring all the time, then cover with a lid and simmer for 30 minutes or until the vegetables are tender.

3 Remove the pan from the heat and leave to cool slightly, then process the soup in a blender until very smooth. You may need to do this in batches. Season to taste with salt and pepper, then chill for at least 3 hours. To serve, pour into bowls, stir a little cream into each, then sprinkle with the chives and more pepper.

VICHYSSOISE

RECIPE BY

MARIE-PIERRE MOINE

FRENCH CABBAGE SOUP

This chunky country soup takes minutes to prepare and makes a good light supper or lunch dish. For a vegetarian option, leave out the bacon.

SERVES 4
PREP 15 MIN
COOK 30 MIN
FREEZE UP TO 3 MONTHS
WITHOUT THE BACON GARNISH

1 tbsp olive oil
3½oz (100g) diced bacon
1 Spanish onion, finely chopped
1 garlic clove, crushed
1 large Savoy cabbage, halved, core discarded, and leaves cut into shreds
sea salt and freshly ground black pepper
3½ cups (850ml) boiling water
3 sprigs of parsley
croutons, to garnish

1 Heat the oil in a large heavy saucepan over medium heat. Add the bacon (setting aside 2 tbsp to garnish), onion, and garlic. Cook, stirring frequently, for 3–4 minutes or until the onion and garlic start to color. Add the cabbage shreds, reserving a handful to finish. Stir well and season lightly with sea salt and generously with pepper. Continue cooking for 2–3 minutes, stirring occasionally.

2 Pour the boiling water over the vegetables and bacon pieces, stir well, and add the parsley. Cover, lower the heat a little, and simmer gently for about 20 minutes, stirring occasionally.

3 Meanwhile, place a nonstick cooking pan over medium heat. Add the reserved bacon and cook until crisp and golden. Then add the reserved cabbage shreds and cook them until they have wilted, stirring frequently. Season with a little pepper.

4 Taste the soup and adjust the seasoning as needed. Remove the parsley. Ladle into individual bowls and scatter the fried bacon and cabbage mixture over the top. Garnish with croutons, if using, to finish off the soup.

SAUERKRAUT SOUP

Sauerkraut is an excellent source of vitamin C. This hearty soup is redolent of Eastern Europe, although Chinese cooks were pickling cabbage in wine as early as 200 BCE.

SERVES 4
PREP 10 MIN
COOK 30 MIN
FREEZE NOT SUITABLE

2 tbsp vegetable oil
1 onion, finely chopped
3½oz (100g) bacon, diced
14oz (400g) sauerkraut, coarsely chopped
14½oz (400g) can diced tomatoes
2 tsp sugar
2½ cups (600ml) hot vegetable or chicken stock
¾ cup (200ml) heavy cream
freshly ground black pepper
toasted rye bread, to serve

1 Heat the vegetable oil in a large saucepan over low heat. Add the chopped onion and cook gently until softened but not browned. Then add the diced bacon and cook for another 3 minutes. Finally add the chopped sauerkraut, cover, and continue to cook for another 5 minutes, stirring from time to time.

2 Increase the heat under the saucepan slightly and add the tomatoes, sugar, hot stock, heavy cream, and pepper and stir well. Bring to a simmer over

medium heat for 15 minutes until the sauerkraut is tender. Ladle the soup into bowls to serve and eat with toasted rye bread.

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RECIPE BY

SOPHIE GRIGSON

PORTUGUESE POTATO AND KALE SOUP

Potato and kale soup (caldo verde) is ubiquitous in Portugal, where cooks use incredibly finely shredded cabbage. Kale, cavolo nero, or winter greens can all be used in this soup.

SERVES 4
PREP 15–20 MIN
COOK 20–25 MIN
FREEZE UP TO 3 MONTHS

1lb (450g) potatoes, peeled and sliced
4 garlic cloves, sliced
1 small onion, finely chopped
salt and freshly ground black pepper
8oz (225g) curly kale, or cavolo nero or Savoy cabbage
4oz (110g) chorizo, skin removed and sliced
extra virgin olive oil, to serve

1 Place the potato slices in a large saucepan with the garlic and onion. Season with salt and pepper and add enough water to cover generously. Simmer until tender. Pass through the fine blade of a food mill, or mash to a smooth puree using a potato masher. Add a little more water if necessary to thin to a soupy consistency. Return to the pan and adjust the seasoning, adding plenty of pepper.

2 While the potatoes are cooking, cut the stems from the kale, then roll up the leaves and shred very thinly—the resulting threads of kale should be around $\frac{1}{8}$in (3mm) wide. Bring the soup back to a boil. Stir in the kale and sausage. Simmer for 5 minutes. Ladle into soup bowls, pour a little olive oil into each, and serve.

PORTUGUESE POTATO AND KALE SOUP

RECIPE BY

SOPHIE GRIGSON

BRUSSELS SPROUT SOUP

This is an unexpectedly good soup, with all the fresh, nutty flavor of brussels sprouts tempered by the natural sweetness of the onion.

SERVES 4–6
PREP 20 MIN
COOK 1 HR 10 MIN
FREEZE UP TO 3 MONTHS
WITHOUT THE SOUR CREAM

1lb (450g) onions, sliced
2 tbsp (30g) butter
1 tbsp superfine sugar
1lb (450g) Brussels sprouts, trimmed and halved
1 generous sprig thyme
1 ¼ quarts (1 ¼ liters) chicken or vegetable stock
salt and freshly ground black pepper
sour cream, crème fraîche, or Greek yogurt, to serve
paprika or cayenne pepper, to serve

1 Place the onions in a pan with the butter. Cover and cook over low heat for about 30–40 minutes until the onions are incredibly tender and soft. Sprinkle in the sugar and cook, uncovered, for another 10–15 minutes or so until the onions are lightly colored and concentrated, stirring occasionally.

2 Add the brussels sprouts and the thyme and stir. Pour in the stock and season with salt and pepper. Bring to a boil and simmer for 10–15 minutes until the sprouts are just tender. Cool slightly, remove the thyme, and blend in

two batches. Reheat gently if needed, then taste and adjust the seasoning. Serve piping hot, with a spoonful of sour cream, crème fraîche, or yogurt in each bowl, and a light dusting of paprika or cayenne.

RECIPE BY

MARIE-PIERRE MOINE

CELERY AND CELERIAC SOUP

This earthy soup combines mildly nutty celeriac and more assertive celery to create a fragrant, satisfying winter warmer.

SERVES 4
PREP 15 MIN
COOK 20 MIN
FREEZE UP TO 3 MONTHS
WITHOUT THE CHILLED BUTTER

1 tbsp sunflower, peanut, or mild-flavored olive oil
2 tbsp (30g) butter
1lb 2oz (500g) celeriac, peeled and chopped
1 large head celery, cored and chopped
1 medium starchy potato, peeled and chopped
3–4 tbsp water
sea salt and freshly ground black pepper
1 quart (1 liter) vegetable stock or chicken stock
2 tbsp (30g) chilled butter, diced
4 slices walnut bread, lightly toasted, to serve

❙ Put the oil and butter in a large sauté pan over medium heat. Add the celeriac, celery, and potato. Stir well for 2–3 minutes then reduce the heat a little. Add 3–4 tbsp water, and season lightly. Partially cover and let stew gently until very soft. Stir the vegetables from time to time and keep the heat low.

2 Transfer the cooked vegetables to a food processor and puree. Return to the pan and add the stock. Season, stir briskly to blend, and bring to a simmer over medium heat, stirring frequently. Reduce the heat a little and let simmer gently for 10–15 minutes, still stirring occasionally. Taste and adjust the seasoning.

3 Just before serving, whisk in the chilled diced butter. Serve hot with toasted walnut bread.

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RECIPE BY
CAROLYN HUMPHRIES

CELERIAC AND CAMEMBERT SOUP WITH CRANBERRY SWIRL

A great way to use up any white-rinded soft cheese, even if it's strong-smelling. If you don't have celeriac, use a large potato and season with celery salt.

SERVES 4
PREP 10 MIN
COOK 25 MIN
FREEZE UP TO 3 MONTHS BEFORE CREAM IS ADDED

2–3 tbsp butter
1 onion, chopped
½ small celeriac, about 8oz (225g) prepared weight, coarsely diced
2 cups (450ml) chicken or vegetable stock
1 bouquet garni

salt and freshly ground black pepper
2 cups (450ml) milk
4oz (115g) ripe Camembert, diced
4 tbsp heavy cream
4 tsp cranberry sauce
4 tsp orange or cranberry juice
4 tsp sunflower oil

1 Melt the butter in a saucepan. Add the onion and cook gently, stirring, for 2 minutes, or until softened but not browned. Add the celeriac, stock, bouquet garni, a little salt, and lots of pepper. Bring to a boil, reduce the heat, cover, and simmer gently for 15 minutes, or until the celeriac is tender. Remove and discard the bouquet garni.

2 Puree the mixture in a blender or food processor, adding the milk and cheese. Return the soup to the rinsed-out pan, stir in the cream, and reheat, but do not boil. Taste and adjust the seasoning.

3 Meanwhile, whisk the cranberry sauce with the juice and oil until thoroughly blended. Ladle the soup into warm, shallow soup bowls. Whisk the cranberry mixture again and, using a teaspoon, swirl a little of the cranberry mixture in the center of each bowl and quickly draw a toothpick from the center to the edge all around to form a pinwheel-shaped design. Serve immediately.

CELERIAC AND CAMEMBERT SOUP WITH CRANBERRY SWIRL

RECIPE BY

SOPHIE GRIGSON

CELERIAC AND HAZELNUT SOUP

Make the effort to cook up your own chicken stock, as it complements the flavor of the celeriac and hazelnuts in this soup in a way that store-bought stock cannot.

SERVES 6
PREP 15 MIN
COOK 40 MIN
FREEZE UP TO 3 MONTHS
WITHOUT LEMON JUICE AND CREAM

3½oz (100g) shelled hazelnuts
3 tbsp (45g) butter
1 medium–large celeriac, coarsely diced
1 onion, chopped
2 tbsp long- or short-grain rice
1 quart (1 liter) hot chicken stock
salt and freshly ground black pepper
juice of ½ lemon
½ cup (90ml) heavy cream

1 Preheat the oven to 375°F (190°C). Spread the hazelnuts out on a baking sheet and roast for 5–10 minutes or until they turn a shade darker and the skins flake off easily. Check regularly to prevent burning. Let them cool slightly, then rub off the skins.

2 Melt the butter in a large pan over low heat. Add the celeriac, onion, rice, and hazelnuts, stir to coat well, then cover and let sweat gently for 10–15 minutes, stirring once or twice. Pour in half the stock, season well with salt and pepper, and bring to a boil. Simmer gently for 15 minutes or until the celeriac and rice are tender.

3 Let the soup cool for a few minutes, then process until completely smooth in a blender, adding the remaining stock to thin the soup down. Return to the pan, stir in the lemon juice and then the cream, and reheat, being sure to taste and balance the seasoning. Serve hot and steaming.

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RECIPE BY

SOPHIE GRIGSON

ROASTED SQUASH SOUP

Roasting the squash concentrates and develops its flavor beautifully, and leaves you free to make a hot rouille sauce, which gives this soup its vigor.

SERVES 6
PREP 30 MIN
COOK 50 MIN
FREEZE UP TO 3 MONTHS

1 ½–2lb (675–900g) winter squash (such as pumpkin, butternut, or acorn), cut into chunks
1lb (450g) ripe tomatoes, coarsely chopped
6 garlic cloves, unpeeled
1 sprig of rosemary
2 sprigs of thyme
1 red onion, cut into 8 wedges
4 tbsp extra virgin olive oil
1 ¼ quarts (1.2 liters) hot vegetable stock or chicken stock
salt and freshly ground black pepper
12 croûtes
freshly grated Comté or Gruyère, to serve

FOR THE ROUILLE
small pinch of saffron
1 tbsp warm water
1 garlic clove, chopped
1 red chile, seeded and coarsely chopped
1 egg yolk
1 tbsp red wine vinegar
½ cup (90ml) sunflower oil

4 tbsp extra virgin olive oil

1 Preheat the oven to 425°F (220°C). Put the first seven ingredients into a roasting pan and turn to coat in the oil. Roast, turning occasionally, for 45 minutes or until everything is very tender. Discard the herb stems, and scrape the rest of the roasted ingredients into a blender. Add the stock and process until smooth. You may need to do this in batches. Pour into a large pot and season with salt and pepper.

2 Meanwhile, make a rouille. Soak the saffron in the water. Pound the garlic, chile, and a pinch of salt to a paste in a mortar, then work in the egg yolk and vinegar. Mix the two oils, then drip them in, whisking constantly. When one-third of the oil has been incorporated, increase the flow to a slow trickle. Stir in the drained saffron, then adjust the seasonings.

3 To serve, reheat the soup, then ladle into bowls. Pass the croûtes, the rouille, and the grated cheese around separately, so everyone can smear the croûtes liberally with rouille, float them in the steaming soup, and then finish with a sprinkling of grated cheese.

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RECIPE BY

SOPHIE GRIGSON

WINTER SQUASH SOUP WITH BASIL AND LIME CREAM

The sharp basil and lime cream melting into this soup is a perfect finish for special occasions, but for a more everyday dinner you can leave it out.

SERVES 6–8
PREP 25 MIN
COOK 35 MIN
FREEZE UP TO 3 MONTHS
AT THE END OF STEP 2

5 garlic cloves
1 large onion, chopped
1in (2.5cm) piece ginger, peeled and coarsely chopped
3 tbsp oil
3lb 3oz (1.5 kg) winter squash, such as pumpkin, butternut, or acorn, seeds and rind removed, coarsely cubed

2 sprigs of parsley
1 sprig of thyme
1 bay leaf
3 star anise
12oz (350g) tomatoes, peeled, seeded, and coarsely chopped
2 quarts (2 liters) hot vegetable stock or chicken stock
salt and freshly ground black pepper
1 1/4 cups (300ml) heavy whipping cream
juice of 1–2 limes
small handful of basil leaves, chopped, to serve

1 Chop two of the garlic cloves, but leave the rest whole. Put the chopped garlic and the whole garlic into a large pan with the onion, ginger, oil, and squash. Tie the herbs together in a bundle and toss those in, too. Cover with a lid and cook over low heat for 10 minutes, stirring once or twice.

2 Add the star anise, tomatoes, and stock, then season with salt and pepper and bring to a boil. Simmer for 20 minutes or until the squash is tender. Pick out and discard the bundle of herbs and the star anise. Process the soup in a blender until smooth and then pass it through a sieve. Taste and adjust the seasoning, then reheat gently.

3 Meanwhile, pour the cream into a bowl, add the lime juice, and whisk. Once the cream holds its shape loosely, stir in the basil. As you ladle the soup into bowls, top with a dollop of basil and lime cream.

WINTER SQUASH SOUP WITH BASIL AND LIME CREAM

RECIPE BY

CELIA BROOKS BROWN

CREAMY RUTABAGA SOUP

As a strictly cold-season vegetable, the rutabaga stores up lots of starch in the edible root base. It is this that gives this rich, wintry soup its velvety texture.

SERVES 4–6
PREP 10 MIN
COOK 40–50 MIN
FREEZE UP TO 3 MONTHS
AT THE END OF STEP 2

2 tbsp (25g) butter
2 medium onions, chopped
1lb 10oz (750g) rutabaga (trimmed weight), cut into cubes
sea salt and freshly ground black pepper
1 quart (1 liter) hot vegetable stock
1 tbsp honey
½ nutmeg (to grate)
⅔ cup (150ml) light cream, plus extra to garnish

1 Melt the butter in a large pan over medium heat. Add the onions and cook for 6–8 minutes or until lightly golden. Stir in the rutabaga and a pinch of salt, cover with a lid, and cook for 10 minutes, stirring frequently. Pour in the stock, add the honey, and bring to a boil, grating in a bit of the nutmeg as you do so. Simmer for 20–30 minutes or until the rutabaga is completely soft.

2 Cool briefly, then process in a blender until smooth and velvety. You may need to do this in batches. Season with salt and pepper, then stir in the cream. Serve each bowl with a swirl of the cream and a good grinding of pepper.

RECIPE BY

ALICE WATERS

TURNIP SOUP

Alice Waters of Chez Panisse restaurant in California writes, “young turnips with their greens are in the markets in spring and fall. Together they make a delicious soup.” Through the winter you could substitute kale for the turnip greens.

SERVES 4–6
PREP 20 MIN
COOK 40 MIN
FREEZE UP TO 3 MONTHS

2 bunches of young turnips with greens, about 1 ½lb (675g) total in weight
3 tbsp butter or olive oil
1 onion, thinly sliced
1 bay leaf
2 sprigs of thyme
sea salt
1 ¼ quarts (1 ¼ liters) well-flavored chicken stock
grated Parmesan, to serve

1 Remove the greens from the turnips, then trim and discard the stems. Rinse and drain the leaves and cut into ½in (1cm) strips. Trim the roots from the bases and, if the skins are tough (taste one to see), peel before slicing thinly. Heat the butter or oil in a heavy pot over low heat, add the onion, and cook very gently for 12 minutes or until soft.

2 Stir in the turnip bases, along with the bay leaf and thyme, and season with salt. Cook for 5 minutes, stirring occasionally, then pour in the stock and bring to a boil. Lower the heat to a simmer, cover, and cook for 10 minutes. Add the turnip greens and cook for another 5–10 minutes or until tender. Remove the bay leaf, check the seasoning, and serve. This is excellent with a little grated Parmesan on top.

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RECIPE BY
CAROLYN HUMPHRIES

SPICY TURNIP SOUP WITH PIMENTO, CHILE, AND NOODLES

A light, colorful soup with quite a kick from the jalapeño. Large turnips have a stronger flavor, which is perfect for this dish. Don't use delicate baby ones.

SERVES 4–6
PREP 10 MIN
COOK 30 MIN
FREEZE UP TO 3 MONTHS
AT THE END OF STEP 1

4 scallions, chopped
2 good-sized turnips, diced
½ tsp crushed hot red pepper flakes
1 green jalapeño pepper, seeded and cut into thin rings
2 star anise

2 tsp tomato paste
1 quart (1 liter) hot vegetable stock or light chicken stock
1 package dried thin Chinese egg noodles
1 preserved pimento, drained and diced
1–2 tsp soy sauce, to taste
freshly ground black pepper
small handful of cilantro, torn

1 Put the scallions, turnips, pepper flakes, jalapeño, star anise, tomato paste, and stock in a saucepan and bring to a boil. Lower the heat, partially cover with a lid, and simmer gently for 30 minutes or until the turnips are very tender.

2 Meanwhile, put the noodles in a bowl, cover with boiling water, and let stand for 5 minutes, stirring to loosen, then drain. Stir the noodles into the soup, along with the pimento. Season to taste with soy sauce and pepper, then stir in half the cilantro. Ladle into warm soup bowls, top with the remaining cilantro, and serve.

SPICY TURNIP SOUP WITH PIMENTO, CHILE, AND NOODLES

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RECIPE BY

MARIE-PIERRE MOINE

POTATO SOUP WITH BROCCOLI, SHALLOTS, AND MASCARPONE

Broccoli and shallots add color and freshness to this rich combination of potato and cheese. You can use Caerphilly or Wensleydale in place of the mascarpone if you prefer.

SERVES 4
PREP 20 MIN
COOK 40 MIN
FREEZE UP TO 3 MONTHS

1 tbsp olive oil
¾ tbsp (10g) butter
2 large shallots, finely chopped
12oz (350g) starchy potatoes, chopped into 1in (2.5cm) chunks
1½ quarts (1½ liters) boiling water
sea salt and freshly ground black pepper

1 large head of broccoli, cut into florets
4 tbsp mascarpone
4 croûtes
1oz (30g) creamy, strong-flavored blue cheese, such as Roquefort, fourme d'Ambert, or Gorgonzola piquante

1 Heat the oil and butter in a sauté pan over medium heat, add the shallots and potatoes, and cook for 5 minutes, stirring often.

2 Pour 1¼ quarts (1¼ liters) boiling water into the pan and stir well. Season lightly with sea salt and pepper and bring to a simmer. Lower the heat, cover with a lid, and simmer for 10 minutes. Add the broccoli, stir, cover again, and continue cooking for 10–15 minutes or until the vegetables are tender. Let cool for several minutes, then transfer the contents of the pan to a blender and process until smooth. Strain the soup back into the pan through a sieve, using a wooden spoon to push as much of the mixture through as possible.

3 Pour in the rest of the hot water. Place the pan over medium heat, stir in the mascarpone, and keep stirring until it has blended in. Season with salt and pepper. Spread the croûtes with the blue cheese, ladle the soup into bowls, and float a croûte in the center of each one.

POTATO SOUP WITH BROCCOLI, SHALLOTS, AND MASCARPONE

RECIPE BY

ANGELA NILSEN

ROASTED POTATO SOUP

Combined with just a few simple ingredients, roasted potatoes can quickly be transformed into a luxuriously smooth, rich, and comforting winter soup.

SERVES 4
PREP 15 MIN
COOK 1 HR 15 MIN
FREEZE UP TO 3 MONTHS
BEFORE ONION AND BACON ARE ADDED

1lb (450g) starchy potatoes, such as Russet, cut into 2in (5cm) chunks
2 tbsp olive oil
salt and freshly ground black pepper
3 large shallots, coarsely chopped
2 garlic cloves, halved
1 large parsnip, cut into small chunks
3¾ cups (900ml) hot vegetable stock
4 slices bacon, cut into thin strips
1 onion, halved lengthwise and thinly sliced
¼ cup (100ml) heavy cream
2 tbsp butter

❙ Preheat the oven to 400˚F (200˚C). Put the potatoes and 1 tbsp of the oil into a small roasting pan and toss to coat well. Season with pepper, then roast for 45 minutes or until golden. Turn occasionally to ensure even roasting. Transfer to a large pot and add the shallots, garlic, and parsnip. Add the stock,

bring to a boil, then cover with a lid and simmer for 20 minutes or until the parsnip is tender.

2 Meanwhile, heat the remaining oil in a frying pan, add the bacon, and fry for 5 minutes or until crisp. Remove with a slotted spoon and drain on paper towels. Add the onion along with a pinch of salt, and cook over medium heat for 8–10 minutes or until dark golden brown and well caramelized. Set to one side and keep warm.

3 Remove the soup from the heat, add the cream and butter, and stir until the butter has melted. Process in a blender or food processor until smooth. You may need to do this in batches. Add a little more stock if the soup is too thick. For an extra smooth soup, press the mixture through a fine sieve. Season to taste with salt and pepper, then reheat gently and serve topped with the crispy onion and bacon.

GERMAN POTATO SOUP

If you can't find fresh chanterelle mushrooms for this, you can use jarred or canned. Drain, rinse, and then drain them again before you cook them.

SERVES 6
PREP 25 MIN
COOK 45 MIN
FREEZE UP TO 3 MONTHS
WITHOUT ONIONS AND MUSHROOMS

5 tbsp (75g) butter
¼ celeriac, diced
9oz (250g) carrots, diced
1½lb (675g) starchy potatoes, diced
1 onion, studded with a bay leaf and a clove
1½ quarts (1½ liters) hot vegetable stock
7oz (200g) leeks, sliced
1 onion, diced
7oz (200g) chanterelles, large ones halved
½ cup (120ml) heavy whipping cream or ⅔ cup (150g) crème fraîche
salt and freshly ground black pepper
pinch of dried marjoram
pinch of freshly grated nutmeg
2 tbsp chopped flat-leaf parsley, chervil, or chives

❙ Melt two-thirds of the butter in a large pan, add the celeriac and carrots, and cook, stirring frequently, for 6–8 minutes or until light brown. Add the potatoes, studded onion, and stock and bring to a boil. Lower the heat, cover

with a lid, and simmer for 20 minutes or until tender. Add the leeks, cover again, and cook for 10 minutes more.

2 Meanwhile, melt the rest of the butter in a frying pan, add the diced onion, and cook, stirring continuously, for 4–5 minutes or until soft but not brown. Add the chanterelles and cook, stirring frequently, for 5 minutes.

3 Remove the whole onion from the soup and discard. Transfer about one-third of the contents of the pan to a blender and process until smooth. Stir in the cream and return to the pan. Season with salt and pepper, then add the marjoram, nutmeg, and the cooked onion and chanterelles, and reheat gently. Serve sprinkled with the herbs over the top.

RECIPE BY

SOPHIE GRIGSON

PIEDMONT CHESTNUT SOUP

You can use pre-cooked chestnuts for this Italian soup, but fresh ones have a more velvety texture. If you do use fresh, remember to allow time for peeling.

SERVES 6
PREP 5 MIN
USING COOKED CHESTNUTS
COOK 1 HR 55 MIN
FREEZE UP TO 3 MONTHS
BEFORE RICE IS ADDED

8oz (225g) fresh chestnuts or 6oz (180g) cooked peeled chestnuts
2 sprigs thyme
1 bay leaf
1 ¼ quarts (1 ¼ liters) chicken stock
salt and freshly ground black pepper
2oz (60g) risotto rice
2 tbsp (30g) butter
1 ¼ cups (300ml) milk
a little truffle oil, to serve

1 If using fresh chestnuts, score a deep cross in the skin of each one with a small sharp knife, then put half a dozen at a time into a microwave-safe bowl. Cover tightly with plastic wrap and cook on High for 20–30 seconds or until the skins have split, then peel off the outer and inner skins with your fingers. Put the peeled chestnuts in a pan with the herbs, stock, and a little salt and pepper, bring to a boil, then simmer for 1 ½ hours.

2 Add the rice and simmer for 10 minutes. Stir in the butter and milk and simmer for a final 10 minutes. Remove the bay leaf and thyme, taste, and adjust the seasonings, if necessary. Serve with a few drops of truffle oil in each bowl to turn this peasant soup into a major treat.

RECIPE BY

ROOPA GULATI

CREAM OF VEGETABLE SOUP

Simple, affordable, and immensely satisfying, this hearty soup makes a warming meal when accompanied with some freshly baked crusty bread.

SERVES 6
PREP 15 MIN
COOK 40–55 MIN
FREEZE UP TO 3 MONTHS
WITHOUT CREAM AND MILK

3 tbsp (45g) butter
2 carrots, sliced
1 leek (white part only), sliced
2 parsnips, sliced
1 onion, sliced
1 small turnip, sliced
3 celery ribs, sliced
1 potato, sliced
5 cups (1.2 liters) hot vegetable stock
2 tsp fresh thyme leaves
1 bay leaf
pinch of grated nutmeg
salt and freshly ground black pepper
3 tbsp light cream
3 tbsp milk
bunch of chives, snipped, to garnish

1 Melt the butter in a large pan, add the carrots, leek, parsnips, onion, turnip, celery, and potato, and stir to coat well. Cover the pan with a lid and cook for 10–15 minutes or until the vegetables have softened.

2 Add the stock, thyme, bay leaf, and nutmeg, then season with salt and pepper. Bring to a boil and simmer, uncovered, for 30–40 minutes or until the vegetables are meltingly soft. Scoop out the bay leaf and discard.

3 Process the soup in a blender until smooth. You may need to do this in batches. If you like the texture of your soups very smooth, strain it through a fine sieve; otherwise, leave it as it is. Stir in the cream and milk, adding more milk if the consistency is still too thick. Season with salt and pepper, then reheat gently. Garnish with the chives and serve immediately.

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MINESTRONE SOUP

This is a substantial soup that is a meal in itself. Mix and match whatever vegetables are in season—zucchini, cabbage, and leeks are all excellent in a minestrone.

SERVES 4–6
PREP 20 MIN
PLUS 8 HR SOAKING
COOK 1¾ HR
FREEZE UP TO 1 MONTH
AT THE END OF STEP 2

3½oz (100g) dried white cannellini beans
2 tbsp olive oil
2 celery ribs, finely chopped
2 carrots, finely chopped
1 onion, finely chopped
14½oz (400g) can diced tomatoes
2½ cups (750ml) hot vegetable stock or chicken stock
salt and freshly ground black pepper
2oz (60g) small short-cut pasta
4 tbsp chopped flat-leaf parsley
1½oz (40g) Parmesan, finely grated

1 Put the dried beans in a large bowl, cover with cold water, and leave to soak in the fridge for at least 8 hours or overnight. Drain the beans, then place them in a large saucepan and cover with cold water. Bring to a boil, then boil hard for 10 minutes, skimming the surface of any foam with a slotted spoon. Lower the heat, partially cover the pan, and simmer for 1 hour or until the beans are tender. Drain and set aside.

2 Heat the oil in the rinsed-out pan over medium heat. Add the celery, carrots, and onion, and cook, stirring occasionally, for 5 minutes or until tender. Stir in the cooked beans, then add the tomatoes and their juice, the stock, and some salt and pepper. Bring to a boil, stirring all the time, then cover with a lid and simmer for 20 minutes.

3 Add the pasta and simmer for 10–15 minutes or until it is al dente. Stir in the parsley and half the Parmesan, then adjust the seasoning. Serve hot, sprinkled with the remaining Parmesan.

MINESTRONE SOUP

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RECIPE BY

SOPHIE GRIGSON

ZUPPA DI VERDURE

Leftovers of this big warming soup from Tuscany are never thrown away, but used to make the sturdy Ribollita. Both are frugally filling and very good.

SERVES 6
PREP 25 MIN
PLUS OVERNIGHT SOAKING
COOK 2–3 HR
FREEZE UP TO 3 MONTHS
BEFORE CAVOLO NERO IS ADDED

7oz (200g) dried cannellini beans, soaked overnight in water
bouquet garni made from a sprig of rosemary, a sprig of thyme, and 2 bay leaves
4 tbsp extra virgin olive oil, plus extra to serve
1 onion, chopped
3 carrots, diced
2 celery ribs, diced
2 leeks, very thinly sliced
3 garlic cloves, chopped
1 dried red chile pepper, finely chopped
3 tomatoes, peeled, seeded, and chopped

2 tbsp tomato paste
salt and freshly ground black pepper
4 cavolo nero or curly kale leaves, or the outer leaves of a Savoy cabbage, tough stalks removed and the leaves coarsely chopped
6 slices stale bread
1 garlic clove, cut in half

1 Drain the beans and place them in a large pan with the bouquet garni and twice their volume of cold water. Bring to a boil, then boil hard for 10 minutes. Lower the heat, and simmer gently for 1–2 hours or until tender, adding more water if needed. Remove the pan from the heat, discard the bouquet garni, and leave the beans to cool in their cooking water.

2 Heat the oil in a large heavy pot, then add the onion, carrots, celery, leeks, garlic, and chile. Cover with a lid and sweat over low heat for 10 minutes, stirring once or twice. Add the tomatoes and tomato paste and cook over moderate heat for 3–4 minutes. Add the beans, their cooking water, and enough water to cover the vegetables generously. Season well with salt and pepper. Bring to a boil and simmer gently for 20 minutes or until the vegetables are tender. Puree half the soup in a blender, then return to the pan. Add the cavolo nero and simmer for 10 minutes or until tender. Adjust the seasonings.

3 Rub the bread with the garlic and arrange in a warm shallow casserole dish. Spoon in the soup and serve with a bottle of high-quality olive oil out on the table for people to help themselves.

ZUPPA DI VERDURE

RECIPE BY

SOPHIE GRIGSON

RIBOLLITA

Ribollita means "reboiled" in Italian, and that is more or less what this soup is—reboiled Zuppa di verdure. It is wonderful, heart-warming comfort food.

SERVES 4–6
PREP 10 MIN
COOK 40 MIN
FREEZE NOT SUITABLE

1 quantity day-old Zuppa di verdure, made up to the point just before the cavolo nero is added
6 cavolo nero or curly kale leaves, or the outer leaves of a Savoy cabbage, tough stalks removed and the leaves coarsely chopped
6 slices good-quality stale bread
1 garlic clove, halved
2–3 tbsp extra virgin olive oil, plus extra to serve
½–1 red onion, very finely sliced
4 tbsp freshly grated Parmesan (optional)

1 Preheat the oven to 375°F (190°C). Bring the soup to a boil in a large pan, stir in the cavolo nero, and simmer for 10 minutes or until tender. Meanwhile, rub the stale bread with garlic.

2 Oil a large gratin dish or similar ovenproof dish with olive oil, then spoon about a quarter of the soup into the dish, spreading it over the base. Now, lay half the slices of bread over the soup, then spoon over half the remaining soup. Repeat these two layers one more time. Lay the red onion over the top,

then scatter with the Parmesan, if using. Drizzle over a little olive oil, then bake for 30 minutes. Serve sizzling hot, with extra olive oil out on the table for those that want it.

RECIPE BY

MARIE-PIERRE MOINE

FRENCH COUNTRY SOUP

A mixed vegetable potage (soup) like this is traditional French family fare. It is ladled out of a tureen into wide shallow bowls as an appetizer all over the country.

SERVES 4
PREP 15 MIN
COOK 45 MIN
FREEZE UP TO 3 MONTHS
AT THE END OF STEP 2

1 tbsp sunflower oil or peanut oil
2 tbsp (30g) butter
3 large leeks, cleaned and chopped
1 large starchy potato, coarsely cubed
2 large carrots, chopped
3 1/4 cups (750ml) vegetable stock or chicken stock
2 bay leaves
sea salt and freshly ground black pepper
1/2 cup (100ml) hot water

1 Put the oil and half the butter in a large sauté pan over medium-low heat. Add the leeks, potato, and carrots and cook, stirring frequently, for 5 minutes. Reduce the heat a little, add the stock and bay leaves, then season lightly with salt and pepper. Cover and cook gently, stirring occasionally, for 30 minutes or until the vegetables are very soft.

2 Let cool for several minutes, then lift out the bay leaves. Transfer the soup to a blender and process until smooth. Strain back into the pan through a sieve, using the back of a wooden spoon to push through as much as possible. Pour the hot water through the sieve to extract as much as you can from the vegetables.

3 Reheat gently, stirring frequently. Taste and adjust the seasoning, then stir in the remaining butter and serve very hot.

"PENNY" SOUP

Mounded together in the center of the bowl, the vegetables in this soup resemble coins—which is one of the reasons it got its name. The other is that it is very inexpensive to make.

SERVES 4
PREP 15 MIN
COOK 30 MIN
FREEZE UP TO 3 MONTHS
WITH ALL VEGETABLES BLENDED

1 leek, rinsed well
11oz (300g) potatoes
9oz (250g) large carrots
6oz (175g) small sweet potatoes
1 tbsp olive oil
1 tbsp (15g) butter
2 cups (600ml) hot vegetable stock
1 tbsp chopped flat-leaf parsley
salt and freshly ground black pepper

❙ Slice the vegetables into $\frac{1}{8}$ in (3 mm) rounds. Heat the oil and butter in a large saucepan, add the leeks, and cook over medium heat, stirring frequently,

for 3–4 minutes or until soft. Add the potatoes, carrots, and sweet potatoes and cook, stirring, for 1 minute.

2 Pour in the stock, then bring to a boil, cover with a lid, and simmer for 20 minutes or until the vegetables are tender but not soft. Transfer about one-third of the vegetables to a blender or food processor with a little of the liquid and blend to a smooth puree, then return to the pan. Stir in the parsley, season to taste with salt and pepper, and serve, with the vegetables in a little mound in the center.

“PENNY” SOUP

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RECIPE BY

CELIA BROOKS BROWN

JERUSALEM ARTICHOKE SOUP WITH SAFFRON AND THYME

Use whatever proportion of carrots and Jerusalem artichokes you have, adding up to 1lb 9oz (700g) in total. The carrots enhance the color and sweetness of the soup.

SERVES 4–6
PREP 15 MIN
COOK 35–45 MIN
FREEZE UP TO 3 MONTHS

2 tbsp extra-virgin olive oil, plus extra to garnish
2 medium onions, chopped
3 garlic cloves, chopped
12oz (350g) Jerusalem artichokes, scrubbed and coarsely chopped
12oz (350g) carrots, scrubbed and coarsely chopped
sea salt and freshly ground black pepper

1 ¼ quarts (1.2 liters) hot vegetable stock
1 tbsp fresh thyme leaves or 1 ½ tsp dried thyme
large pinch (about 30 strands) of saffron
juice of ½ lemon

1 Heat the oil in a large pan over medium heat, add the onions, and cook for 5–10 minutes or until soft and translucent. Add the garlic and cook for another 30 seconds or until fragrant. Stir in the artichokes, carrots, and a little salt, then cover with a lid and sweat, stirring frequently, for 10–15 minutes or until the vegetables are softened.

2 Add the stock, thyme, and saffron, bring to a boil, then lower the heat to a simmer and cook for 20 minutes or until the vegetables are thoroughly soft. Cool briefly, then process until smooth in a blender. Stir in the lemon juice and season to taste with salt and pepper. Serve in warm bowls, with a drizzle of olive oil on top.

JERUSALEM ARTICHOKE SOUP WITH SAFFRON AND THYME

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RECIPE BY

SHAUN HILL

SCALLOP AND ARTICHOKE SOUP

The scallops are a counterpoint to the distinctive taste of the Jerusalem artichoke puree in this traditional soup menu pairing.

SERVES 4
PREP 20 MIN
COOK 25 MIN
FREEZE UP TO 3 MONTHS
AT THE END OF STEP 1

7 tbsp (100g) unsalted butter
1 onion, chopped
1 garlic clove, chopped
2¼lb (1kg) Jerusalem artichokes, peeled or scrubbed and cut into small dice
1½ quarts (1½ liters) hot chicken stock or water
½ cup (100ml) heavy cream
salt and freshly ground black pepper
a pinch of freshly grated nutmeg
4 thick slices bacon, cut into small dice
4 scallops

2 tbsp sunflower oil
few drops of lemon juice
snipped chives, to garnish

1 Melt half the butter in a large pan and cook the onion gently. Add the garlic and artichokes and sweat over low heat for 3 minutes. Add the stock or water, cover with a lid, and simmer until the artichokes are completely cooked and soft. Puree in a blender with the cream and the remaining butter. You may need to do this in batches. Return to the pan and season with salt and pepper, then sprinkle in the nutmeg and keep warm.

2 Cook the bacon in a frying pan until crisp, then spoon onto paper towels to drain. Season the scallops with salt and pepper, then cook quickly in the sunflower oil—they will be ready almost as soon as they are sealed by the heat. Squeeze a few drops of lemon juice over the top.

3 Divide the artichoke puree among four bowls, spoon the bacon and scallops on top, then garnish with the chives and serve.

SCALLOP AND ARTICHOKE SOUP

RECIPE BY

MARIE-PIERRE MOINE

CREAMY SCALLOP BISQUE

A rich broth sets off the sweetness of the scallops while the chorizo adds a spicy contrast. Try serving as the first course of a dinner party menu.

SERVES 4
PREP 20 MIN
COOK 40 MIN
FREEZE NOT SUITABLE

3 cups (700ml) water
1¼ cups (300ml) dry white wine
1 tbsp (15g) butter
1 small onion, finely chopped
1 small shallot, very finely chopped
1 medium-sized ripe tomato, chopped
7oz (200g) shrimp, shelled
3½oz (100g) cod or pollock, skinned and cut into chunks
2 tbsp chopped parsley
2 tsp dill seeds
3 tbsp brandy
sea salt and freshly ground black pepper
½ cup (100ml) light cream
2½oz (75g) chorizo, diced
12 small scallops (or 6 large)
1 tbsp finely chopped chives, to finish

1 Boil the water with the wine. Place the butter in a sauté pan over medium heat. Add the onion and shallot and soften until golden. Add the tomato,

shrimp, fish, parsley, and dill seeds. Stir, and cook for 5 minutes. Stir in the brandy, and cook for a minute. Pour in the wine mixture and season lightly with salt and pepper. Reduce the heat, and simmer gently for 10 minutes. Take off the heat and let cool. Stir and mash down the soup with the back of a spoon, then heat the cream in another pan until hot.

2 Transfer the soup to a blender and puree. Strain through a sieve back into the pan and stir in the hot cream. Return to a simmer. Remove from the heat and adjust the seasoning. Cover and keep warm.

3 Place a nonstick frying pan over medium heat. Add the chorizo and cook for 3–5 minutes until cooked through and crispy. Set aside on a plate lined with paper towels and keep warm.

4 Add the scallops to the pan. Cook for 2 minutes, turn over, and cook for a minute. Remove from the heat. Ladle the soup into 4 bowls and add the scallops. Scatter the chorizo and chives over the top and serve immediately.

RECIPE BY

MARIE-PIERRE MOINE

PORTUGUESE HADDOCK SOUP

The strong flavors of cavolo nero and smoked haddock develop in minutes, making this soup very satisfying. If you want to freeze it, do so before adding the fish.

SERVES 4
PREP 20 MIN
COOK 20 MIN
FREEZE UP TO 2 MONTHS WITHOUT FISH

10oz (300g) leaves of cavolo nero, kale, or savoy cabbage
2 tbsp olive oil
1 Spanish onion, finely chopped
3 garlic cloves, peeled and crushed
1 large waxy potato, peeled and diced
1 cup (250ml) milk
salt and freshly ground black pepper
10oz (300g) smoked haddock fillet, skinned and flaked

1 Rinse the greens, cut out and discard the large ribs, and shred the leaves finely. Set aside. Place a heavy saucepan over medium heat and add the oil. Once it is hot, add the onion and garlic and cook for 4–5 minutes, or until softened.

2 Add the potato and milk, then pour in enough water to cover everything by ¾–1¼ in (2–3 cm). Season, bring to a simmer, and cook for 5 minutes, then add the greens and continue cooking for 10–15 minutes until the vegetables are tender.

3 Stir in the haddock and simmer for 1 minute, then take off the heat and cover. Let stand for 5 minutes before serving.

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RECIPE BY

CAROLYN HUMPHRIES

MATZO BALL SOUP

This is a traditional soup with a modern twist. Adding baking powder and mashed potato to the balls gives them a really light, fluffy texture.

SERVES 4
PREP 15 MIN
COOK 1 HR 10 MIN
FREEZE UP TO 3 MONTHS
BROTH ONLY

1 chicken leg and thigh portion
1 onion, finely chopped
1 leek, thinly sliced
1 large carrot, finely diced
1 quart (1 liter) water
1 sprig of fresh thyme
1 tsp celery salt
salt and freshly ground black pepper

FOR THE MATZO BALLS
1 potato, about 4oz (115g), cooked and mashed
1 ½oz (45g) fine matzo meal

½ tsp baking powder
½ tsp grated fresh ginger
1 tbsp chopped fresh thyme
1 tbsp chopped fresh parsley
1 garlic clove, finely chopped
salt and freshly ground black pepper
1 tbsp sunflower oil
1 egg, beaten
4 small sprigs of fresh thyme, to garnish

1 Put the soup ingredients in a large saucepan. Bring to a boil, reduce the heat, cover, and simmer gently for 1 hour, adding more water if it gets low. Meanwhile, mix the mashed potatoes with the matzo meal, baking powder, ginger, thyme, parsley, garlic, and a little salt and pepper. Add the oil, then mix with the beaten egg to form a soft, slightly sticky dough. Shape into 8 balls.

2 Discard the thyme sprig from the soup. Carefully lift out the chicken and remove all meat from the bones, discarding the skin. Chop the meat and return to the soup. Taste and adjust the seasoning, if necessary.

3 Bring the soup back to a simmer, drop in the balls, cover, and simmer gently for about 10 minutes until the balls are fluffy and cooked through. Ladle into warm soup bowls and garnish each with a small sprig of fresh thyme.

MATZO BALL SOUP

RECIPE BY

ANGELA NILSEN

VIETNAMESE NOODLE SOUP

Start off with a good-quality, homemade stock for this fragrant, light, refreshing soup, then serve it piled high with fresh herbs and chiles.

SERVES 4
PREP 25–30 MIN
PLUS SOAKING TIME
COOK 25 MIN
PLUS SITTING TIME
FREEZE NOT SUITABLE

1 ¼ quarts (1 ¼ liters) chicken stock, preferably homemade
6 slices unpeeled ginger
½ tsp coriander seeds
4 star anise
2 stalks lemongrass, sliced
2 skinless, boneless chicken breasts
3 ½oz (100g) rice noodles
2 bok choy, very thinly sliced
Asian fish sauce, to taste
3 ½oz (100g) bean sprouts
small bunch cilantro, about ¾oz (20g), coarsely chopped
small handful mint leaves, finely shredded
2 scallions, thinly sliced
1 large fresh red chile, seeded (unless you like it hot) and thinly sliced
lime wedges, to serve

1 Pour the stock into a large saucepan, and add the ginger, coriander seeds, star anise, and lemongrass. Simmer gently for 10 minutes. Lower the chicken

breasts into the stock and continue simmering for 15 minutes. Remove from the heat and let sit for 5 minutes. Meanwhile, break the noodles (so they are easier to eat) into a large heatproof bowl and cover with boiling water. Let soak for the time suggested on the package.

2 Remove the chicken from the stock with a slotted spoon and transfer it to a cutting board. Slice the chicken into very thin bite-size strips. Strain and discard the flavorings from the stock and return the stock to the pan. Remove the pan from the heat, drop in the bok choy, and let it wilt in the warmth of the stock. Return the chicken to the stock along with a dash of fish sauce.

3 Drain the noodles and divide between 4 big bowls. Lay the bean sprouts on top. To serve, ladle the chicken and hot stock over the noodles and top each bowl with a generous scattering of the cilantro, mint, scallions, and chile, and add another splash of fish sauce. Offer lime wedges for squeezing over the top.

RECIPE BY

MARIE-PIERRE MOINE

BIGOS

Many variations of this Polish dish exist. Duck or venison are the traditional choices but you could try lamb or beef instead. Bacon, sauerkraut, and smoked Polish sausages are, however, essential.

SERVES 4
PREP 40 MIN
COOK 2 HR
FREEZE UP TO 3 MONTHS

1 small Savoy cabbage, cored, ribs removed, leaves shredded
salt and freshly ground black pepper
1lb 2oz (500g) sauerkraut, drained
3½oz (100g) smoked bacon, cubed
7oz (200g) smoked Polish sausage, sliced
7oz (200g) duck breast or lean venison, cubed
1 large red onion, diced
1 clove garlic, crushed
5½oz (150g) mushrooms, sliced
½ tsp smoked paprika
1 bay leaf
½ tsp juniper berries
1 tsp dried marjoram
½ tsp caraway seeds, crushed using a pestle and mortar
¾ cup (200ml) red wine
1 cup (250ml) beef stock

1 Heat a heavy saucepan over medium heat. Add the cabbage and cover with boiling water. Season with salt and pepper. Return to a simmer and cook for

10 minutes. Drain and reserve. Repeat with the sauerkraut, but simmer for 5 minutes. Drain, reserving the sauerkraut and the cooking liquid.

2 Heat a nonstick frying pan over medium heat. Cook the bacon until crisp. Place on a platter lined with paper towels. Cook the sausage and duck or venison for 5 minutes, stirring, then add to the platter with the bacon. Set aside. Now cook the red onion, garlic, and mushrooms in the same pan until softened. Then add to a saucepan, along with the cooked meats.

3 Place the saucepan over medium heat. Stir in the paprika, bay leaf, juniper berries, marjoram, and caraway seeds. Pour in the wine and stock. Bring to a simmer, stirring. Cover, reduce the heat a little, and simmer for 1 hour, stirring from time to time.

4 Add the boiled cabbage, stir, cover, and cook for 10 minutes, and then stir in the sauerkraut. Add some or all of the reserved cooking liquid (the mixture should be a thick soup rather than a stew). Simmer for another 15 minutes. Taste, adjust the seasoning, and serve very hot.

RECIPE BY

MARIE-PIERRE MOINE

GARBURE

This one-pot meal of slowly cooked vegetables flavored with pork and confit of duck comes from southwest France. It is best made the day before and reheated.

SERVES 4–6
PREP 40 MIN
COOK 1 HR
FREEZE UP TO 3 MONTHS

3½oz (100g) diced bacon or pancetta
1 Spanish onion, finely chopped
3 garlic cloves, crushed
1 leg confit of duck
1½ quarts (1½ liters) chicken stock
1 small Savoy cabbage, core removed and leaves cut into 1 x 3in (2.5 x 7.5cm) strips
1 large carrot, sliced
1 celery rib, diced
1 leek, cleaned and sliced
1 large starchy potato, cubed
sea salt and freshly ground black pepper
1 tsp pimentón picante or hot smoked paprika
½ tsp ground cumin
2–3 sprigs of fresh thyme
2–3 sprigs of flat-leaf parsley, plus 1 tbsp finely chopped parsley to garnish
9oz (250g) canned white beans, drained, rinsed, and drained again
8–12 croûtes, rubbed with garlic and brushed with olive oil, to serve

1 Put a large, deep, heavy-based soup pot over medium heat, add the bacon or pancetta, and cook, stirring frequently, for 2–3 minutes or until crisp and cooked through. Remove with a slotted spoon and drain on paper towels. Add the onion and garlic to the pot, reduce the heat a little, and cook, stirring frequently, for 5–8 minutes or until softened.

2 Pick the meat from the duck leg, discarding the skin and bones but reserving the fat, and cut into shreds. Stir the meat into the onion and garlic, then add the stock, cabbage, carrot, celery, leek, and potato. Season lightly with salt and more generously with pepper, then add the pimentón or paprika, cumin, thyme, and parsley. Bring to a simmer, cover, reduce the heat a little, and cook, stirring occasionally, for 30 minutes.

3 Lift out the thyme and parsley. Lightly mash the beans in a bowl, then stir them into the soup and continue cooking until the vegetables are tender. Taste and adjust the seasoning. To serve, stir in the reserved bacon or pancetta along with 1 tbsp of the duck fat, then sprinkle with the parsley. Place a croûte in each bowl and ladle the piping hot soup on top.

RECIPE BY

ANGELA NILSEN

CHUNKY TURKEY SOUP

This thick and creamy soup is perfect for using up leftover turkey, and tastes even richer if you have some homemade turkey stock on hand.

SERVES 4
PREP 15 MIN
COOK 30 MIN
FREEZE UP TO 3 MONTHS

1 tbsp olive oil
3½ tbsp (50g) butter, softened
1 onion, chopped
1 large potato, peeled, cut into small chunks
2 carrots, cut into small chunks
1 leek, cut into small chunks
2 bay leaves
1 quart (1 liter) turkey or chicken stock, preferably homemade
3 scant tbsp (25g) all-purpose flour
1¾oz (50g) frozen peas
7oz (200g) cooked turkey, cut in chunks
big handful of coarsely chopped parsley
salt and freshly ground black pepper
hot garlic bread, to serve

❙ Heat the oil and half of the butter in a large sauté pan. Add the onion and cook for 4–5 minutes until just starting to turn golden. Add the potato, carrots, leek, and bay leaves and cook for a few more minutes over high heat

until the vegetables are going golden and sticky on the base of the pan. With the heat still high, pour in the stock, scraping the bottom of the pan so you have a lovely golden-colored stock. Lower the heat, cover with a lid, and simmer for 15 minutes.

2 Work the rest of the butter into the flour with a spoon. Drop this in small pieces into the pan, whisking all the time after each addition with a wire whisk, until you have a thin sauce consistency. Simmer for about 10 minutes to finish cooking the vegetables, adding the peas for the last 2 minutes. Remove the bay leaves.

3 Stir in the turkey and parsley, grind in lots of black pepper, and add salt if needed. Warm through then serve with slices of hot garlic bread.

RECIPE BY

ROOPA GULATI

TURKEY BROTH

Make good use of leftover turkey by simmering your own stock with the carcass after a roast dinner. This broth is every bit as appealing when made with chicken.

SERVES 6
PREP 20 MIN
COOK 25 MIN
FREEZE UP TO 3 MONTHS
BEFORE CREAM IS ADDED

1 quart (1 liter) turkey stock or chicken stock
½ cup (120ml) dry white wine
1 carrot, finely diced
1 parsnip, finely diced
2 celery ribs, finely diced
1 leek (white part only), finely diced
1 small turnip, finely diced
salt and freshly ground black pepper
8oz (225g) cooked turkey meat, finely diced
½ cup (100ml) light cream
2 tbsp chopped parsley
crusty bread, to serve

1 Bring the stock and wine to a boil in a large pan, then stir in the carrot, parsnip, celery, leek, and turnip. Season with salt and pepper, half-cover with a lid, and simmer for 20 minutes.

2 Stir in the cooked turkey, cream, and chopped parsley and reheat gently. Serve the soup with plenty of crusty bread.

TURKEY BROTH

RECIPE BY

CAROLYN HUMPHRIES

PHEASANT AND APPLE SOUP

This spicy soup is equally delicious made with other game birds, but if they are small, such as pigeon or partridge, use the whole bird including the breasts.

SERVES 4–6
PREP 20 MIN
COOK 1 HR 15 MIN
PLUS REHEATING
FREEZE UP TO 3 MONTHS
WITHOUT THE CREAM

1 small pheasant
1 tbsp (15g) butter
1 onion, coarsely chopped
1 small sweet potato, coarsely chopped
1 small cooking apple, peeled and diced
2 cups (500ml) medium-sweet cider or apple juice
2 cups (450ml) chicken stock
2in (5cm) cinnamon stick
1 bay leaf
salt and freshly ground black pepper
⅔ cup (150ml) light cream
4 small fresh parsley sprigs, to garnish

1 Remove the breast meat from the pheasant and reserve to cook for a separate dish. Cut the rest of the bird in pieces using a large sharp knife or

poultry shears.

2 Melt the butter in a saucepan. Add the onion and cook gently, stirring, for 2 minutes until softened but not browned. Add all the remaining ingredients except the cream and parsley. Season with salt and pepper, bring to a boil, reduce the heat, cover, and simmer gently for 1 hour.

3 Remove the pheasant and let cool slightly. Discard the bay leaf and cinnamon stick and puree the remaining soup in a blender or with a stick blender. Return to the rinsed-out pan and stir in the cream. Taste and adjust the seasoning if necessary.

4 Take the pheasant meat off the bones, discarding the skin, and shred it. Add half to the soup. Reheat the soup, but do not boil. Ladle into shallow soup plates, put a small pile of the remaining diced pheasant in the center, and garnish each with a small sprig of parsley.

RECIPE BY

CAROLYN HUMPHRIES

PUFF-CRUSTED GAME SOUP

You can buy ready-diced mixed game which includes furred game and pigeon, or use diced venison, rabbit, or hare. Aged beef is another option.

SERVES 4
PREP 20 MIN
COOK 1 HR 20 MIN
FREEZE UP TO 3 MONTHS AT THE END OF STEP 2

1–2 tbsp butter
6oz (175g) diced game meat, thawed if frozen, cut into small pieces
1 red onion, chopped
2 tbsp all-purpose flour
1 quart (1 liter) beef stock
1 tbsp red currant jelly
3 button mushrooms, halved and sliced
1 tbsp chopped fresh sage
4 tbsp ruby port
salt and freshly ground black pepper
1 sheet ready-rolled puff pastry, thawed if frozen
1 egg, beaten

1 Melt the butter in a saucepan and cook the meat and onion for 5 minutes, stirring, until browned.

2 Stir in the flour and cook for 1 minute. Remove from the heat, gradually stir in the stock, add the jelly, and bring to a boil, stirring. Add the mushrooms,

sage, port, and some seasoning. Bring back to a boil, reduce the heat, cover, and simmer very gently for 1 hour, stirring from time to time until rich and really tender. Taste and adjust the seasoning if necessary.

3 Meanwhile, preheat the oven to 425°F (220°C). Cut four circles from the pastry slightly larger than deep oven-proof soup cups and brush with beaten egg. Stand the soup cups on a baking sheet. Brush the edges of the cups with beaten egg. Ladle in the soup. Top with the circles of pastry, pressing down lightly with a fork around the edge to secure. Make a small slit in the top of each pie lid with a sharp knife to allow the steam to escape. Bake in the oven for about 15 minutes or until puffy, crisp, and golden brown. Allow to cool for 3–5 minutes before serving.

RECIPE BY

CAROLYN HUMPHRIES

PARTRIDGE SOUP

This is a substantial soup that is a great way to make one partridge feed four people. You could use any other small game bird in exactly the same way.

SERVES 4
PREP 20 MIN
COOK 1 HR 5 MIN
FREEZE UP TO 3 MONTHS
WITHOUT THE SHERRY

1 tbsp sunflower oil
1 partridge, quartered
1 onion, unpeeled and quartered
1 quart (1 liter) chicken stock
1 bouquet garni
salt and freshly ground black pepper
1 potato, diced
1 carrot, diced
1 small turnip, diced
2 tbsp all-purpose flour
4 tbsp water
7oz (200g) cooked peeled chestnuts, quartered
2 tbsp amontillado sherry
a few drops of soy sauce
a little chopped fresh parsley

1 Heat the oil in a saucepan and brown the partridge pieces all over. Add the onion, stock, bouquet garni, and a little salt and pepper. Bring to a boil, reduce

the heat, cover, and simmer gently for 1 hour.

2 Strain the stock and return to the saucepan. Add the potato, carrot, and turnip. Bring back to a boil, partially cover, and simmer gently for about 20 minutes until the vegetables are really tender. Meanwhile, take all the meat off the partridge, discarding the skin, and shred the meat.

3 Remove the bouquet garni from the soup and discard. Blend the flour with the water and add to the soup. Bring to a boil, stirring, until lightly thickened, and simmer for 2 minutes.

4 Add the shredded meat, chestnuts, and sherry to the soup and simmer for 2 minutes. Add a few drops of soy sauce to taste. Ladle into warm soup bowls and garnish with a little chopped parsley.

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RECIPE BY

MARIE-PIERRE MOINE

CABBAGE AND TOMATO SOUP WITH MEATBALLS

You can prepare the meatballs ahead for this recipe. Allow approximately 30 minutes to reheat the broth, add the meatballs, and finish off the cooking.

SERVES 4
PREP 40 MIN
COOK 1 HR
FREEZE UP TO 3 MONTHS
SOUP AND MEATBALLS SEPARATELY

FOR THE MEATBALLS
1 garlic clove, crushed
½ Spanish onion, finely chopped
½ tsp hot smoked paprika
½ tsp ground cumin
1 tsp dried thyme (or fresh leaves)
2 tbsp freshly grated Parmesan cheese
breadcrumbs made from 2 slices bread
14oz (400g) ground steak
1 large egg
sea salt and freshly ground black pepper
3 tbsp flour
3 tbsp vegetable oil
1 tbsp (15g) butter

FOR THE SOUP
2 tbsp vegetable oil

½ Spanish onion, coarsely chopped
1 garlic clove, crushed
9oz (250g) tomatoes, seeded and chopped
1 large Savoy cabbage, halved, core and ribs discarded, and leaves sliced into bite-size pieces
sea salt and freshly ground black pepper
1 quart (1 liter) beef stock
2 tbsp finely chopped parsley, to finish
3 tbsp grated or shaved Parmesan cheese

1 For the meatballs, put the first nine ingredients in a bowl, season, and mix well. Shape into walnut-sized balls and refrigerate for 30 minutes.

2 Heat the oil in a large deep pan over medium heat. Add in the onion, garlic, and tomatoes. Cook for 3–5 minutes, stirring. Add the cabbage and stir for 3 minutes. Stir in the stock, season, and simmer for 15–20 minutes.

3 Meanwhile, sift the flour onto a plate and coat the meatballs. Heat the oil and butter in a pan over medium-high heat. Add the meatballs and cook for 3 minutes until they are a rich brown all over. Add to the soup and simmer for 15–20 minutes. Serve scattered with parsley and Parmesan.

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RECIPE BY

CAROLYN HUMPHRIES

ITALIAN WEDDING SOUP

The Italian name for this soup is *Minestra Maritata*, which simply means the flavors marry well together. Recipes vary, but it is always a robust, rustic mixture.

SERVES 4–5
PREP 10 MIN
COOK 1 HR 40 MIN
FREEZE 3 MONTHS

5½oz (150g) stewing beef, diced
1 boneless pork belly slice, rinded and diced
4oz (115g) piece of salami, diced
1 chicken portion, with bones
1 large onion, chopped
1 quart (1 liter) beef stock
1 sprig of fresh rosemary
1 bay leaf
salt and freshly ground black pepper
¼ head spring greens or 4–6 cavolo nero leaves, shredded
1 head of green or red chicory
2oz (60g) soup pasta shapes
freshly grated Parmesan cheese

crusty bread, to serve

1 Put all the meats in a large pan with the onion, stock, rosemary, and bay leaf. Season well with salt and pepper. Bring to a boil, skim the surface, reduce the heat, cover, and simmer very gently for 1 ½ hours until the meat is meltingly tender. Remove and discard the herbs.

2 Lift out the chicken, discard the skin, remove all flesh from the bones, cut into bite-size pieces, and return to the pot. Add the greens, chicory, and pasta. Bring back to a boil, reduce the heat, and simmer for 10 minutes. Taste and adjust the seasoning, if necessary. Ladle into large open soup plates, sprinkle with grated Parmesan cheese, and serve with crusty bread.

ITALIAN WEDDING SOUP

RECIPE BY

MARIE-PIERRE MOINE

PUY LENTIL SOUP WITH HAM

Small, dark green, and with a distinctive earthy flavor, puy lentils are less starchy than paler or red lentils, and they cook quickly without disintegrating.

SERVES 4
PREP 20 MIN
COOK 45 MIN
FREEZE UP TO 3 MONTHS
AT THE END OF STEP 2

3 tbsp fruity olive oil, plus extra for serving
1 Spanish onion, finely chopped
1 garlic clove, crushed
14oz (400g) puy lentils, rinsed and drained
salt and freshly ground black pepper
2 thick ham steaks, about 3½oz (100g) each
2 sprigs of fresh thyme
2 sprigs of flat leaf parsley, plus 1 tbsp finely chopped parsley, to serve
1 tsp grated zest of an unwaxed lemon, to serve

1 Put 1½ tbsp oil in a large, heavy saucepan over medium heat. Cook the onion and garlic for 2–3 minutes until golden and softened, stirring frequently. Stir in the lentils and season with salt and pepper. Put one of the ham steaks on top of the lentils and add the thyme and parsley. Pour in enough cold water to cover the lentils and ham with an extra 1¼in (3cm) water on top. Bring

gently to a simmer, partially cover, and cook for 25–30 minutes until the lentils are cooked through.

2 Lift out the cooked ham steak and chop into small pieces. Discard the parsley and thyme. Reserving 3 ladlefuls of soup, put the contents of the pan with the chopped ham in a blender or food processor and process until smooth. Return to the pan and stir in the reserved mixture.

3 Gently reheat until piping hot. Meanwhile, using the rest of the oil, cook the second ham steak in a nonstick frying pan over medium-high heat for 4–5 minutes, turning after 3 minutes, until cooked through and crisp and golden on both sides. Cut into small, chunky pieces.

4 Taste and adjust the seasoning. Stir the soup and ladle into warmed bowls. Scatter the crispy ham over the top and add a drizzle of extra virgin olive oil. Finish with a little chopped parsley and lemon zest, mixed together, and serve.

RECIPE BY

CAROLYN HUMPHRIES

CUBAN BLACK BEAN SOUP WITH HAM

This soup contains annatto. If you've never used the spice before, it has a sweet peppery flavor and an orangey red color. It is widely used in Latin America.

SERVES 4
PREP 20 MIN
PLUS OVERNIGHT SOAKING
COOK 1¾ HR
FREEZE UP TO 3 MONTHS

8oz (225g) dried black beans, soaked in cold water overnight
1 bay leaf
2 cups (450ml) chicken stock or ham stock
1 tbsp sunflower oil
1 large onion, finely chopped
1 garlic clove, crushed
½ tsp ground cumin
½ tsp ground annatto
pinch of ground cloves
1 beefsteak tomato, peeled and chopped
1 tsp white wine vinegar
4oz (115g) cooked ham, diced
1½ tsp light brown sugar
salt and freshly ground black pepper
a few torn cilantro leaves, to garnish
corn tortilla chips, crushed, to serve

grated Cheddar, to serve

1 Drain the soaked beans and put in a large saucepan with enough water to cover by 2in (5cm). Add the bay leaf, bring to a boil, then boil rapidly for 10 minutes. Reduce the heat, cover loosely with a lid, and simmer gently for 1 hour or until really tender. Drain, reserving the liquid. Add enough stock to the cooking liquid to make 1 quart (1 liter) in all.

2 Discard the bay leaf and coarsely puree the beans and some of the stock in a blender—the mixture should not be completely smooth. Alternatively, crush with a potato masher, then set aside.

3 Heat the oil in the rinsed-out pan, add the onion, and cook gently, stirring, for 3–4 minutes or until softened but not browned. Add the garlic and cook for 1 minute, then add the spices and cook for 30 seconds. Add the tomato and vinegar and cook, stirring, for 3–5 minutes or until pulpy.

4 Add the beans, the remaining stock, and the ham. Bring to a boil, reduce the heat, and simmer gently for 20 minutes or until thickened. Season with salt and pepper, then ladle into bowls, garnish with the cilantro, and sprinkle with tortilla chips and grated Cheddar.

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RECIPE BY

MARIE-PIERRE MOINE

CHESTNUT SOUP WITH HAM

If fresh chestnuts aren't in season, use canned whole unsweetened chestnuts or dried peeled ones. You could also use pancetta or bacon instead of ham.

SERVES 4
PREP 30 MIN
COOK 45 MIN
FREEZE UP TO 3 MONTHS
WITHOUT THE HAM GARNISH

1lb 5oz (600g) fresh chestnuts
1 ½–2 tbsp sunflower, peanut, or mild-flavored olive oil
1 ½ tbsp (20g) butter
½ Spanish onion, finely chopped
1 garlic clove, crushed
3 bay leaves
2 tsp dried fennel seeds, plus 1 heaping tsp, to garnish
sea salt and freshly ground black pepper
1 ¼ quarts (1 ¼ liters) light vegetable stock

3½ oz (100g) slice of cooked ham, diced
1½ tbsp mascarpone, to finish (optional)

1 Score each chestnut with a small sharp knife, then place them in a saucepan, cover with cold water, and bring to a boil. Drain, set aside until cool enough to handle, then peel and set aside. You could also peel them using the microwave method (see Piedmont Chestnut Soup).

2 Place a large, heavy-based saucepan over medium heat. Add the oil and half the butter. Cook the onion and garlic until golden and softened, about 2–3 minutes, stirring frequently. Add the peeled chestnuts, the bay leaves, and the 2 tsp fennel seeds. Stir and season with salt and pepper. Pour in the stock. Bring to a gentle simmer, partly cover, and cook for 20–30 minutes, stirring occasionally, until the chestnuts are soft.

3 Leave to cool. Discard the bay leaves. Transfer the soup to a blender or food processor and process until smooth. Strain the soup through a sieve back into the pan, pressing with the back of a spoon. Gently reheat the soup.

4 Meanwhile, place a nonstick frying pan over fairly low heat. Add the reserved butter, and then add the diced ham and the extra fennel seeds. Cook gently, stirring a few times. Taste and adjust the seasoning. Stir the soup and ladle it into bowls. Scatter over a little of the diced ham and fennel seeds. If you like, add a small dollop of mascarpone to each serving.

CHESTNUT SOUP WITH HAM

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BREAD

CRUSTY WHITE LOAF

This basic white loaf is soft on the inside, with a light texture. If you have any left the day after you've baked it, use it for croutons.

MAKES 1 LOAF
PREP 35 MIN
PLUS RISING
COOK 40 MIN
FREEZE UP TO 6 MONTHS

3 cups (450g) bread flour
1 ½ tsp instant yeast
1 ¼ tsp salt
1 tsp sugar
1 tbsp vegetable or olive oil
1 ⅔ cups (300ml) lukewarm water, as needed

1 Stir the flour, yeast, salt, and sugar together in a large bowl. Make a well in the center and pour in the oil. Stir in as much of the water as needed to make a soft dough

2 Knead on a lightly floured work surface about 8 minutes, until smooth and elastic. Shape into a ball. Place into a large oiled bowl, and turn to coat. Cover with plastic wrap. Let stand in a warm place about 1 hour, or until doubled in volume.

3 Oil and flour the inside of a 9 x 5in (23 x 13cm) loaf pan, and tap out the excess flour. Punch down the dough. Shape it into a rough rectangle to fit the

pan and place in the pan. Cover with plastic wrap and let stand about 30 minutes, or until almost doubled in volume.

4 Preheat the oven to 425°F (220°C). Dust the top of the loaf with flour. Cut a shallow slash down the center of the loaf. Bake for 20 minutes. Reduce the oven temperature to 400°F (200°C) and bake for 20 minutes more until the loaf sounds hollow when removed from the pan and tapped on the bottom. Transfer to a wire rack and let cool.

SOFT WHITE ROLLS

Use only a small amount of flour on your hands and work surface when you're kneading and shaping the dough for these rolls—too much will make it dry and stiff.

MAKES 16
PREP 40 MIN
PLUS RISING
COOK 20 MIN
FREEZE UP TO 6 MONTHS

$3\frac{3}{4}$ cups (500g) bread flour
$\frac{1}{4}$oz (7g) envelope instant yeast
2 tsp light brown sugar
2 tsp salt
1 cup plus 2 tbsp (250–300ml) lukewarm water

1 Combine the flour, yeast, brown sugar, and salt in a large bowl. Make a well in the center and pour in the water. Stir to make a soft dough. Knead well on a lightly floured work surface about 10 minutes, until smooth and elastic. Place in an oiled bowl and turn to coat. Cover with plastic wrap and let stand in a warm place for 1 hour, until doubled.

2 Punch down the dough. Divide into 16 pieces and shape into balls. Arrange 2in (5cm) apart on two lightly oiled baking sheets. Cover loosely with plastic wrap and let stand until puffy, about 30 minutes.

3 Preheat the oven to 400°F (200°F). Bake for 20 minutes, or until they are golden brown and sound hollow when tapped on the bottom.

WHOLE WHEAT LOAF

The mix of white and whole wheat flours in this loaf makes it light and moist. The recipe may seem complicated, but it is actually much easier and quicker than it sounds.

MAKES 1 LOAF
PREP 35 MIN
PLUS RISING
COOK 40 MIN
FREEZE UP TO 6 MONTHS

1⅔ cups (225g) bread flour, plus more for kneading
1⅔ cups (225g) whole wheat flour, plus more to dust
1½ tsp instant (fast-rising) yeast
1 tsp salt
1 tbsp vegetable oil, plus more for the bowl
1 tbsp honey
¾ cup (200ml) lukewarm milk
⅔ cup (150ml) lukewarm water
1 large egg, beaten, to glaze

1 Mix the bread flour, whole wheat flour, yeast, and salt in a large bowl. Make a well in the center. Stir the oil, honey, milk, and water together until the honey has dissolved, then pour into the well. Mix to form a slightly sticky dough. Cover with plastic wrap and let stand for 10 minutes.

2 Dust the work surface lightly with flour, then knead the dough for 5–10 minutes or until it is smooth and springs back when pressed gently. Shape into

a ball and place in a large oiled bowl. Cover loosely with oiled plastic wrap and leave in a warm place for 1 hour or until doubled in size.

3 Oil and flour a 9 x 5in (23 x 13cm) loaf pan, and tap out the excess flour. Briefly knead the dough on the work surface. Press the dough into a rough rectangle and place in the pan. Cover loosely with oiled plastic wrap. Let stand in a warm place about for 30 minutes, or until doubled in size.

4 Preheat the oven to 425°F (220°C). Brush the egg over the loaf to glaze it, and sprinkle with a little whole wheat flour. Slash a few diagonal slits in the top of the loaf. Bake for 20 minutes. Reduce the oven temperature to 400°F (200°C) and bake for 20 minutes, or until the loaf sounds hollow when tapped on the bottom. Let cool on a wire rack for 10 minutes. Invert and unmold onto the rack and cool completely.

WHOLE WHEAT ROLLS

These rolls are perfect with hearty soups. For a special occasion, you could roll each piece of dough into a long rope and then wind it in a spiral or tie it in a figure-eight.

MAKES 16
PREP 20–25 MIN
PLUS RISING
COOK 15–20 MIN
FREEZE UP TO 6 MONTHS

1⅔ cups (225g) bread flour, plus more for kneading
1⅔ cups (225g) whole wheat flour
¼oz (7g) envelope instant yeast
1 tsp salt
¾ cup (200ml) lukewarm milk
⅔ cup (150ml) lukewarm water
1 tbsp vegetable oil
1 tbsp honey
1 large egg, beaten, to glaze
rolled oats, to sprinkle

1 Mix the flours, yeast, and salt in a large bowl. Stir the milk, water, oil, and honey together, then pour into a well in the flour. Stir until slightly sticky. Cover with plastic wrap and leave for 10 minutes.

2 Knead the dough on a floured work surface for 8 minutes, until elastic. The dough will remain slightly sticky. Shape into a ball, place in an oiled bowl, and turn to coat. Cover and leave for 1 hour, until doubled.

3 Lightly oil a baking sheet. Punch down the dough and knead. Divide into 16 balls and place on the sheet. Cover with oiled plastic wrap and leave for 30 minutes.

4 Preheat the oven to 400°F (200°C). Brush the egg over the rolls and sprinkle with oats. Bake for 15–20 minutes. Cool on a wire rack.

EASY FLATBREADS

These simple yeast-raised breads are cooked in a frying pan. If you would like to make them in advance, simply wrap them in foil, then reheat in the oven just before serving.

MAKES 8
PREP 10 MIN
PLUS RISING
COOK 40 MIN
FREEZE UP TO 6 MONTHS

3⅔ cups (500g) bread flour
¼oz (7g) envelope instant yeast
2 tsp salt
1–1¼ cups (250–300ml) lukewarm water
3 tbsp olive oil

1 Mix the flour, yeast, and salt in a bowl. Make a well in the center and add the water and oil. Stir to make a soft dough. Knead on a lightly floured work surface 8–10 minutes. Place in a lightly oiled bowl, turn to coat the dough with oil, and cover tightly with plastic wrap. Let stand in a warm place for 45 minutes, until doubled.

2 Briefly knead the dough on a lightly floured work surface. Cut into 8 equal pieces. Flatten each into a round about ½in (1cm) thick. Use a rolling pin to make them a little thinner. Place on lightly floured baking sheets, cover with plastic wrap, and let stand about 10 minutes, until puffy.

3 Heat a large frying pan over medium heat. One at a time, add a flatbread. Cook about 3 minutes, until the underside is browned. Turn and cook about 2 minutes to brown the other side. Transfer to a wire rack to cool. Serve warm.

SEVEN-GRAIN BREAD

Wholesome and healthy, this chewy bread is made from oats, millet, cornmeal, quinoa, rice, rye, and bulgur. If you don't have one of these grains on hand, substitute it for more of another.

MAKES 2 LOAVES
PREP 20 MIN
PLUS 1 ½ HR RISING
COOK 35–40 MIN
FREEZE UP TO 3 MONTHS

½ cup (85g) bulgur (cracked) wheat
⅓ cup (50g) cornmeal
⅓ cup (50g) millet
⅓ cup (50g) quinoa
1 ¾ cups (600ml) lukewarm water
3 ¼ cups (450g) bread flour
1 ¾ cups (250g) whole wheat flour
⅔ cup (75g) old-fashioned (rolled) oats
⅔ cup (75g) rye, flakes
2 x ¼oz (7g) envelopes instant yeast
2 tsp salt
⅓ cup (50g) cooked brown rice
4 tbsp honey
1 ¼ cups (250ml) milk
2 tbsp vegetable oil, plus more for the bowl and for brushing

❙ Mix the first four ingredients in a bowl, stir in 1 ⅔ cups (400ml) of the water, cover with a kitchen towel, and set aside for 15 minutes. Meanwhile, mix the next six ingredients in a bowl. Add the bulgur mixture, then stir in the rice.

2 Heat the honey with the milk until it dissolves, then add to the bowl along with the oil. Gradually add the rest of the water or until a sticky dough forms. Knead on a lightly floured work surface for 10 minutes or until elastic. Shape into a ball, place in a lightly oiled bowl, then cover with oiled plastic wrap. Leave to rise in a warm place for 1 hour or until doubled in size. Meanwhile, oil and flour two 9x5in (23x13cm) loaf pans.

3 Turn the dough out on to the floured surface and knead for 1 minute. Divide into two equal pieces and, with a floured rolling pin, roll each into a rectangle as wide as the tins and twice as long. Fold both ends to the center and pinch the edges to seal. Place in the pans, cover with kitchen towels, and leave to rise for 30 minutes.

4 Preheat the oven to 425°F (220°C). Brush the tops of the loaves with oil and bake for 10 minutes. Reduce the heat to 375°F (190°C) and bake for 25–30 minutes or until the loaves sound hollow when tapped on the base. Leave to cool on a wire rack.

RYE BREAD

Despite the need for planning ahead, this loaf is relatively straightforward to make. The sourdough "starter" gives the bread an agreeably tangy flavor.

MAKES 1 LOAF
PREP 25 MIN
PLUS 8-12 HOURS FOR STARTER
AND 1½ HR RISING
COOK 50 MIN
FREEZE UP TO 3 MONTHS

FOR THE STARTER
1 cup (150g) rye flour
⅔ cup (150g) plain yogurt
1 tsp instant yeast
1 tbsp unsulfured molasses
1 tsp caraway seeds, lightly crushed
1 cup (250ml) lukewarm water

FOR THE DOUGH
1 cup (150g) rye flour
1½ cups (200g) bread flour, as needed
2 tsp salt
1 large egg, beaten, to glaze
1 tsp caraway seeds, for the crust

1 The day before you want to serve the loaf, make a "starter" by putting the rye flour in a mixing bowl with the yogurt, yeast, molasses, and caraway seeds. Stir in the water, then cover and leave overnight until the starter is bubbling.

2 To make the dough, combine the rye flour with the bread flour and salt, then add to the mixture you made the day before. Mix to form a dough, adding a little water, if necessary. Knead on a lightly floured surface for 5–10 minutes or until the dough is smooth and springy. Shape into a ball, place in an oiled bowl, and cover loosely with oiled plastic wrap. Leave to rise in a warm place for 1 hour or until doubled in size.

3 Punch down the dough and form into a 9in- (23cm-) long football shape. Transfer to a floured baking sheet, cover with plastic wrap, and let stand until almost doubled, about 30 minutes.

4 Preheat the oven to 425°F (220°C). Brush the loaf with beaten egg and sprinkle with caraway seeds. Cut a shallow slash down the center of the loaf. Bake for 20 minutes. Reduce the oven temperature to 400°F (200°C) and continue baking 20–30 minutes until the dough sounds hollow when tapped on the bottom. Cool on a wire rack.

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BUTTERMILK BISCUITS

Favorites in the South, these biscuits are delicious with soup and are best served straight from the oven.

MAKES 12
PREP 12 MIN
COOK 15 MIN
FREEZE UP TO 6 MONTHS

2 1/3 cups (300g) all-purpose flour, plus more for kneading
1 1/2 tbsp sugar
2 tsp baking powder
3/4 tsp baking soda
3/4 tsp salt
6 tbsp (85g) butter chilled, cut into thin slices
1 cup (250ml) buttermilk plus more for glazing the tops

1 Preheat the oven to 425°F (220°C). Have an ungreased 10 in (25 cm) round cake pan ready.

2 Sift the flour, sugar, baking powder, baking soda, and salt into a large bowl. Use your fingertips to rub in the butter until the mixture resembles fine crumbs (or cut in the butter with two knives). Add the buttermilk and stir, adding a little more buttermilk if needed, to make a soft dough.

3 Turn the dough out onto a lightly floured work surface. Knead once or twice, then gently shape into a rectangle about 1 in (2.5cm) thick. Using a 2 1/2 in (6cm) round cookie cutter, cut out the biscuits and place them in the cake

pan with the sides of the biscuits touching. Gather up the scraps, knead together gently, and cut out the remaining biscuits, discarding any scraps.

4 Brush the tops with buttermilk. Bake for 15–20 minutes, or until the biscuits are risen and the tops are golden. Transfer to a wire rack to cool for a few moments before serving hot.

SODA BREAD

To give it a lighter texture, this yeast-free bread is made with buttermilk rather than plain milk. For brown soda bread, replace half or all the white flour with wholemeal flour.

MAKES 1 LOAF
PREP 10 MIN
COOK 30–35 MIN
FREEZE UP TO 6 MONTHS

3 1/4 cups (450g) bread flour, plus extra for dusting
2 tsp baking soda
2 tsp cream of tartar
1 tsp salt
4 tbsp (60g) butter or lard, diced
1 1/4 cups (300ml) buttermilk

1 Preheat the oven to 425°F (220°C). Dust a baking sheet with flour. Sift the flour, baking soda, cream of tartar, and salt together into a bowl. Add the butter and rub in with your fingertips to form fine crumbs.

2 Make a well in the center. Pour in the buttermilk and then mix to form a soft dough. Knead briefly on a lightly floured work surface. Shape into a ball, then roll on the work surface to smooth the surface.

3 Place on the baking sheet, and lightly flatten the top. Using a floured knife, cut into 6 equal wedges, without completely cutting all the way through the dough.

4 Bake for 30–35 minutes, or until golden brown and the bread sounds hollow when tapped on the bottom. Transfer to a wire rack and let cool.

CORN BREAD

A golden quick bread that is delicious straight from the oven. For variety, add a couple of crushed cloves of garlic, a diced chile, or some grated Cheddar to the batter.

MAKES 1 LOAF
PREP 5 MIN
COOK 30 MIN
FREEZE UP TO 6 MONTHS

vegetable oil, for the pan
1 ¼ cups (200g) yellow cornmeal
½ cup (75g) all-purpose flour
1 ½ tbsp superfine sugar
1 tsp baking powder
1 tsp salt
1 ¼ cups (300ml) whole milk
2 tbsp (25g) butter, melted
1 large egg, beaten

1 Preheat the oven to 375°F (190°C). Lightly oil the insides of an 8in (20cm) square baking pan.

2 Whisk the cornmeal, flour, sugar, baking powder, and salt in a large bowl. Make a well in the center. Pour in the milk, butter, and egg to the well and stir with a wooden spoon just until combined. Do not over mix. Spread the corn bread mixture evenly in the pan.

3 Bake for 25–30 minutes, or until the corn bread is browned around the edges. To test if it is cooked, insert a wooden toothpick into the center—it should come out clean. Cut into squares and serve warm.

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